



Being Free from Attachment and Imprisonment of the Mind

25-27 July 2025

In-person Summer Weekend Mindfulness Retreat
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister

We often come to the spiritual practice to look for ways to transform suffering and find happiness in our life. However, if we continue to believe that suffering existed because of difficult circumstances or others, then suffering will be here to stay. If we still think that happiness is only possible when we get what we want and love, then happiness will continue to be beyond reach. The Spiritual path is the path of awakening to the nature of life, the path of experiencing clearly as things are to free us from the attachment and imprisonment of the mind. Only when we stop experiencing life through perception and wanting that suffering would effortlessly end and true happiness would naturally bloom in our daily life like the flowers.

This event is a great opportunity to take a break from the busy routine, to reflect on what are really important in life, to learn and practically integrate the thousand years old Wisdom teaching on cultivating well-being in everyday busy life. The event will be structured with a balance of talk on the Wisdom teaching, meditation, storytelling, wellness exercises, group discussion, and Q & A providing an optimal learning and nurturing environment.

The retreat is free based on the 2,600 years old Buddhist tradition. Online registration is required at <https://forms.gle/dzyw6UZuDUwD8iqd6> Dormitory lodging and Nutritional vegetarian buffet style meals are provided. A voluntary donation of \$200-\$300 per person via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org is suggested and greatly appreciated to support the cost of the weekend retreat and maintaining the Meditation Center.

Sinh Thuc Meditation Center

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