

Liberation from Suffering Is Here and Now



A Day of Mindfulness with **Hải Nguyễn**
on Saturday 23 August from 9 AM to 4 PM

at Fairfax Government Center 12000 Government Center Parkway, Fairfax, VA 22193

We are inviting you to join us at a day of mindfulness to learn about Awareness Meditation to be wholehearted present with life moments, to experience fully and accurately, to really live life, and to bring about well-being. The Day will be conducted in a warm, friendly and supportive environment nourishing the mind and body. The insightful teaching will be shared with realistic stories and practical examples applicable to the life of a layperson with career and family obligations and responsibilities. The Spiritual journey is not about finding ways to escape from everyday challenging world but to recognize the nature of well-being and fully engage with the world right where one is with the wisdom understanding and accurate experience to not get caught in life difficulties and attached with unrealistic expectations.

The Day is offered free of charge. Light lunch and water bottles will be provided. Registration is required online at <https://forms.gle/ypLKtkeepRrfpaCe6> A \$50-\$100 voluntary donation is suggested via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org to cover the cost of the day and help support sustaining Sinh Thuc Meditation Center in Wardensville, WV to continue offering free programs for the benefits of everyone.



Hai Nguyen is a Mindfulness meditation teacher and a Buddhist Minister in the Vietnamese Zen tradition. He frequently led multi-day Mindfulness retreats and Meditation classes for over 30 years. He taught at Saint Leo University in Norfolk, the Northern Virginia Community College. With many years of experience in teaching the 2,600 years old Mindfulness tradition, Hai is able to share the wisdom teaching in simple terms to understand and provide practical practices that can be integrated in today's busy life of a lay person with family and career bringing about Well-being.

Sinh Thuc Meditation Center

Address: 1735 Sauerkraut road, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172
Telephone: (703) 787-3377 ~ Email: registration@sinhthuc.org ~ Web Site: https://www.sinhthuc.org/e_index.htm