

# Discover the Magic of Practical Mindful Living

06 Dec 2025 ~ A Day of Mindfulness in Fairfax, VA  
with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister

The Spiritual learning day will be hosted from 9 AM to 4 PM on Saturday 6 December at the Fairfax Government Center conference room 12000 Government Center Parkway, Fairfax, VA 22193. Together, let's take a journey to discover the magic of practical mindful living. The essence of practical mindful living is not about practicing, training to be better or to be aware of everything that are happening moment by moment as it is not possible, but about being in touch with the natural awareness existed in all of us. As hard as life can be sometime, mental suffering is not caused by life circumstances but heavily depended on the view of the mind. We will share with you that it is possible to experience peace right in the turbulence of life. It is possible to experience well-being in the midst of life crisis. We will learn to recognize that heaven or hell, happiness or suffering are labels of the mind and not reality. The Day will be conducted in a warm, friendly, and supportive environment and structured with a balance of practical teaching talk, awareness meditation, insightful storytelling, light wellness exercises, group discussion and Q&A.

This Non-religious well-being event is for all levels, open to the public and is free based on the 2,600 years old Buddhist tradition. Light lunch and water bottles will be provided. Online registration is required at <https://forms.gle/d92A8rfJ1cmgz94d8> Please sign up early, so we can adequately prepare. A voluntary generosity donation of \$50-\$100 per person is suggested to support making the Wisdom teaching freely available and maintaining Sinh Thuc Meditation Center for the benefits of everyone. Donation can be sent electronically via Venmo at @SinhThuc or PayPal at registration@sinthuc.org or personal check at the event.



*Hai Nguyen* is a Mindfulness meditation teacher and a Buddhist Minister in the Vietnamese Zen tradition. He is a resident teacher at Sinh Thuc Meditation Center. 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 in Woodbridge and Alexandria, VA. With many years of experience in teaching the 2,600 years old Mindfulness tradition, Hai is able to share the wisdom teaching in practical terms to understand and provide realistic ways of life that can be integrated bringing about well-being in the busy and sometime very challenging life of a lay person.

*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@sinthuc.org ~ Web Site: [https://www.sinthuc.org/e\\_index.htm](https://www.sinthuc.org/e_index.htm)