

Let's Welcome and Set the Great Spirit for **2026**
with a Day of Spiritual Enrichment to

Discover and Realize the Wonder of Life

with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister
on Saturday 24 January from 9AM to 3:30PM in Fairfax, VA

Life is full of wonder and amazing moments. Unfortunately, we are often distracted or not looking in the right direction thus unable to recognize that they existed until forced to face with life changing moments. Regardless of how challenges life may be right now, well-being is also present like the co-existence of day & night, left & right. Further, happiness or suffering, difficult or easy are merely labels that we put on the experiences not necessary the actual experiences.

To be well is not about changing your life or adding better things to do to your already busy schedule, but it is about seeing clearly and truly be with life. If well-being had been difficult for you, then you may not be doing it correctly. Join us for a day of spiritual learning at the Fairfax Government Center 12000 Government Center Parkway, Fairfax, VA 22193. We will share with you the wisdom teaching that can be integrated into your daily life. The Day will be conducted in a warm, friendly, supportive environment and structured with a balance of practical teaching talk, awareness meditation, insightful storytelling, group discussion and Q&A.



Online registration is required at <https://forms.gle/z1mNCfEDCM3vdrC67> Please sign up early, so we can adequately prepare for the event. Light lunch and water bottles will be provided. 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@sinhthuc.org or personal check at the event.

Sinh Thuc Meditation Center

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