

# Living Well based on Practical Teaching of Four Foundations of Mindfulness

The Satipatthana Sutta ~ Kinh Tứ Niệm Xứ

20-22 March 2026

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

*A*t this weekend retreat, we will share the wisdom teaching on the core Buddhist meditation practice that was taught 2,600 years ago and recorded in the Satipatthana sutta (Kinh Tứ Niệm Xứ). The teaching is traditional taught to be used in the formal sitting meditation practice that unfortunately have very limited benefit for laypeople that are often too busy with jobs and family responsibilities to have much time for meditation practice. The core insight will be shared in simple practical living that is easy to understand and integrate into everyday living situations bring about well-being benefits even in busy life that has no time for formal meditation practice as well-being is about being not doing!

The Weekend retreat will be a great opportunity to really take a break from the busy routine, to reflect and take care of what are really important in life and to learn how to live well right in one life circumstances. The event will be structured with a balance of talk on the teaching, awareness being sessions, insight storytelling, wellness exercises, group discussion, and Q & A in a friendly, nurturing and supportive environment.

The retreat is totally free based on the thousand years old Buddhist tradition. Online registration is required at <https://forms.gle/VhRt9QQaAibGpSwk7> Dormitory lodging accommodation and Nutritional vegetarian meals are provided. A voluntary donation of \$200-\$300 per person is suggested and can be sent online via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org to support the cost of the retreat, keep the teaching available freely and upkeep the Meditation Center for the benefits of everyone.

*Sinh Thuc* Meditation Center

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