

# The Awakening Heart

17-19 July 2026 ~ Weekend Well-being Retreat

Sinh Thuc Meditation Center

You are warmly invited to join us for a Weekend Well-Being Retreat, **“The Awakening Heart,”** from Friday evening, July 17, through Sunday afternoon, July 19, at Sinh Thuc Meditation Center in Wardensville, WV. This retreat is open to participants of all experience levels who wish to explore timeless wisdom teachings and their practical application to everyday life. Together, we will reflect on topics that deeply affect our well-being, including relationships, health, body image, the pressures of busyness, life in an always-connected digital world, and skillful ways of coping with stress and anxiety. The retreat will offer a balanced and enriching program featuring: Guided awareness meditation, Dharma talks on the essence of the teachings, Mindful living practices, Storytelling and personal reflections, Wellness Tai Chi and Chi Kung, Question-and-answer sessions, Small-group discussions and sharing. Through these activities, participants will learn practical ways to cultivate greater peace, clarity, and well-being in daily life.

Please reserve your place by register online at <https://forms.gle/yfx1bGu1Aonp4JLu7> Buffet-style vegetarian meals, beverages, fruit, and dormitory-style lodging in air-conditioned building will be provided. A variety of seating options, including chairs, floor cushions, mats, and backjacks, will be available to support your comfort. For information or questions, please contact us at [information@sinhthuc.org](mailto:information@sinhthuc.org)

We look forward to learning together in a supportive & nourishing environment.

*Sinh Thuc* Meditation Center

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