

A Day of Well-being at Fairfax Government Center, VA

Living Well with the Full Catastrophe of Life, Moment-by-Moment

with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister
on Saturday 29 August 2026 from 9AM to 3:30PM

Life is full of wonder and extraordinary moments. Unfortunately, many of us become so busy—caught up in daily schedules and responsibilities—that we overlook these moments. Often, we do not recognize their presence until life forces us to slow down and reevaluate our priorities due to a life changing situation. Let us not wait for those moments.

At this day, we will explore to discover that both peace & chaos coexist, joy & sadness are both present, just as day & night or warmth & cold arise based on conditions. Further, what we call happiness or suffering, heaven or hell, are often labels we place on our experiences—not necessarily the experiences themselves.

The path to well-being is not about working hard to make life more perfect or striving to become more skillful to handle challenges. Rather, it is about recognizing where we are caught—where we demand life to conform to our expectations. With clarity, we begin to see how often we insist on getting what we want, instead of learning to recognize the true situation, fully appreciate what present and live with what we already have.



The day of Well-being is offered free of charge at the Fairfax Government Center, 12000 Government Center Parkway, Fairfax, VA 22193. The day will be held in a warm, friendly, and supportive environment, featuring a balanced program of practical teachings, mindfulness meditation, insightful storytelling, group discussions, and Q&A. Online registration is required at <https://forms.gle/vqPtJWYBUCKRTTYL9> Please sign up early, so we can adequately prepare for the event. Light lunch and water bottles will be provided. A voluntary donation of \$50-\$100 per person is suggested to support the cost of the free event 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

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