



Liberating the Heart from Suffering

16-18 October 2026 Weekend Retreat **Lead by Zen teacher and Buddhist Minister Hải Nguyễn**

In the beautiful colorful and cool fall weather, we are inviting you to a weekend of mindfulness meditation retreat to take care of the mind & body, to take a journey to discover and be in touch with the unconditional well-being that already existed in all of us. Let's not wait until the ocean is calm, the rain storm has passed or the optimal conditions present to enjoy life. At this spiritual well-being weekend retreat, we will share with you insight to liberate the heart from suffering, and practical wisdom to experience peace in the midst of the turbulence of life. Together, we will learn to recognize that all life situations are the product of conditions, the ways of nature, our awareness (nhận biết) and responses (hành xử). This Simple Awakening will enable us to embrace life with the spirit of openness to discover the true-life experiences and our responses to the situation. We will also discover that life challenges can be invaluable opportunities to learn to be free from our attachment and mental imprisonment.

In a warm and supportive environment, we will learn the wisdom teaching and how to best take care of the mind & body. Being well in the chaotic world is actually easier than we think and can be practically integrated into our daily life. The retreat is structured with a balance of awareness meditation, teaching talk, storytelling, wellness exercises, group discussion, Q&A and personal relaxation in the beautiful fall nature.

The Retreat is free of charge. Buffet style vegetarian meals, drinks and dormitory lodging accommodation will be provided. Online registration is required at <https://forms.gle/UP8X8AueYRVZzE7d8> so the staff can prepare and welcome you to the retreat.



Sinh Thuc Meditation Center

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