A Day of Spiritual Enrichment in Fairfax, VA

Living Well to the Full Potential of Life Moments

with **Hai Nguyen,** Mindfulness Teacher and Zen Buddhist Minister

on Saturday 5 December 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 force 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. Similarly, 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 drastically changing your life situation or adding better things to do to your already busy schedule, but it is about seeing clearly to understand the nature of life to be with its full potential. 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 practically 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/6Dpc4YmbrWxo15UP6 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 Thức Meditation Center

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