



# *Awakening to Joy and Happiness*

A Mindfulness Retreat  
in the tradition of Thich Nhat Hanh

*With Dharma Teacher Chan Huy*

*Sponsored by Laughing Rivers Sangha  
(The Pittsburgh Community of Mindful Living)*

## October 3-5 2003

Thich Nhat Hanh teaches us that joy, happiness and peace are available to us in every moment. But *are we available* to receive these wonderful gifts? Join us for a weekend of mindfulness practice as we come together to slow down, calm our bodies and minds, and look deeply so that we may transform our personal suffering and touch our seeds of understanding, compassion, and joy.

**Retreat begins at 7:30 p.m. Friday evening and ends at 2 p.m. Sunday**  
*(Registration will be Friday, 5-7 p.m., with a light meal served for supper.)*

### Location

Franciscan Spirit & Life Center  
3605 McRoberts Road  
Pittsburgh, PA (South Hills)

### Registration Information

- Cost for the weekend is \$150 (vegetarian meals and overnight accommodations included)
- Some partial scholarships available
- Cancellations after Sept. 30 will receive a partial refund of \$75

*Mindfulness means dwelling fully in the present moment, to be aware of what is going on within and around us so we can be more alive in our daily existence. Our retreat will include sitting and walking meditation, dharma talks, mindful listening in small group discussion, and eating mindful meals together.*

### About Brother Chan Huy

Chan Huy, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. He was ordained as a Dharma Teacher by Thich Nhat Hanh in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

If you have wanted to hear Thich Nhat Hanh in person but have not been able to do so, Chan Huy can give you a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh's lay Dharma Teachers. You will know from his presence that he embodies the practice of mindfulness.

### For more information, please contact:

Katie Hammond      412-244-6780      [katielearning@aol.com](mailto:katielearning@aol.com)

***Please register by  
September 26, 2003***

***Send this form with a check payable to:***

Katie Hammond  
401 Shady Avenue  
Suite C 104  
Pittsburgh, PA 15206

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

- I am new to the practice and would like an orientation
- I would like to formally receive the Five Mindfulness Trainings
- I would like to make a donation to the scholarship fund in the amount of \$ \_\_\_\_\_
- Please specify dietary or other special needs and we will do our best to accommodate them: