



Solid as a Mountain

Cultivating Solidity and Peace in Our Lives

**A Mindfulness Retreat
in the tradition of Thich Nhat Hanh
with Dharma Teacher Chan Huy**

*Sponsored by Laughing Rivers Sangha
(www.laughingrivers.org)*

Friday, November 2 – Sunday, November 4

In the rush of our daily lives, it is easy to forget the simple gifts that are available to us at all times. The practice of mindfulness is the practice of coming back to the here and now, to be in touch deeply with ourselves and with life. We have to train ourselves to recognize that the conditions for happiness are already here.

“The mind can go in a thousand directions, but on this beautiful path, I walk in peace.”

Retreat begins at 7:30 p.m. Friday evening and ends at 2 p.m. Sunday (Check-in/arrival Friday, 5-7 p.m.)

Location

Kearns Spirituality Center
Sisters of Divine Providence
9000 Babcock Boulevard
Allison Park, PA 15101.

Registration Information

- Cost for the retreat is \$170 (vegetarian meals and overnight accommodations included)
- Limited scholarships available

For more information please contact:

Deborah Brooks (412) 241-1649

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 discussions, 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.

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