



Joyfully Sharing the Merit

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

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

Friday, April 29 – Sunday, April 1

Facing suffering in ourselves and in the world, we are sometimes at a loss as to how to understand and deal with it. How can one person address suffering in the world? The practice of mindfulness helps us to realize that every action, no matter how small, can make a difference in our lives and in the world.

"Each of us has the capacity of transforming many living beings if we know how to cultivate the seed of enlightenment within ourselves." –Thich Nhat Hanh

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

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

Registration Information

- Cost for the retreat is \$160 (vegetarian meals and overnight accommodations included)
- Limited scholarships available

For more information please contact:

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- or -

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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.