



Embracing Impermanence

Living, Loving, and Letting Go

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

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

April 2-4, 2004

Every day our lives are changing, often in unexpected ways. How we deal with these changes can influence the quality of our lives, our relationships, and our happiness. Join us for a weekend of mindfulness practice as we explore the Buddhist teaching on impermanence and learn how we can fully accept the changes life presents to us without falling into attachment, forgetfulness, and despair.

“Impermanence is what makes transformation possible. Thanks to impermanence, we can change suffering into joy.” —Thich Nhat Hanh

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)
- Limited scholarships available
- Cancellations after March 31 will receive a partial refund of \$100

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:

Mary Landkrohn (724) 339-3829
Landkrohnja@adelphia.net

or Carlos Canuelas (412) 362-6043
ccanuelas@hotmail.com

PLEASE REGISTER BY MARCH 24, 2004

Please make all checks payable to
Katie Hammond

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ E-MAIL _____

Mail check (payable to Katie Hammond) and registration form to: Mary Landkrohn, 1682 Old Leechburg Rd.
New Kensington, PA 15068

- 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: