



Living Happily in the Present Moment

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

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

April 28-30, 2006

Please join us for a weekend of mindfulness practice as we explore the Buddha's teaching on living happily in the present moment, "The Discourse on Knowing the Better Way to Live Alone."

"To live alone does not mean to reject the world and society. The Buddha said that living alone means living in the present moment deeply, observing what is happening.... He said that if we are fully alive in the present moment, even if we are in a crowded, urban area, we can still be said to be living alone." —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.)

PLEASE NOTE NEW LOCATION:

Kearns Spirituality Center
(Sponsored by the Sisters of Divine Providence)
9000 Babcock Boulevard
Allison Park, PA 15101

Registration Information

- Cost for the weekend is \$160 (Includes vegetarian meals and **double occupancy** overnight accommodations)
- Limited scholarships available

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:

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