



The Pure Land: Transforming Ourselves and the World

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

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

Friday, June 1 – Sunday, June 3

Living in the Pure Land means being aware of peace and joy in the present moment. By getting in touch with the fullness of each moment, we can transform difficult emotions such as anger and anxiety. As we practice silently and mindfully together, we discover peace, joy and compassion within ourselves and we have a positive influence on our world. Together we aspire, in the words of our venerable teacher Thich Nhat Hanh, “to live life in such a way for a future to be possible for our children and our children’s children.”

Retreat begins at 7:30 p.m. Friday evening and ends at 1:30 p.m. Sunday (Check-in/arrival Friday, 5-7 p.m.)

Please Note Location

Kearns Spirituality Center
LaRoche College
9000 Babcock Boulevard
Allison Park, PA 15101.

Registration Information

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

For more information please contact:

Anthony Silvestre (412) 624-5080

tonys@stophiv.pitt.edu

- or -

Martha O’Grady (412) 824-9873

martha@panta-rhei.com

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 meals together in silence.

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.