



*Being Peace
in the
Midst of
the Storm*

A Mindfulness Retreat in the Tradition of Thich Nhat Hanh

The turbulence we encounter in life may be internal or external - a personal crisis that rocks us or circumstances around us that generate fear, anger, and divisiveness. The practice of mindfulness helps us cultivate an inner space where we can ground ourselves in peace and solidity. Breathing mindfully, we can stop, calm ourselves, and look deeply into our situation so we respond wisely, honoring our own integrity while also touching our deep connection to others and the wonders of life around us.

During our retreat we will ground ourselves in the practice of conscious breathing as we enjoy mindful sitting, walking, and eating, learning to bring a calm, open awareness to each moment. Teachings on the practice and small group sharing in a supportive environment will aid us in deepening our understanding and applying the practice in daily life. The retreat atmosphere is one of ease, acceptance, and quiet joy.

**October 18-20, 2019
Kearns Spirituality Center
Allison Park**

***Dharmacharya Chu Chan Huy,
a Dharma teacher since 1994,
will offer teachings and
personal consultations.***

**\$275 Registration fee includes
overnight accommodations &
vegetarian meals. Partial
financial assistance available.**

**Beginners to the practice are
most welcome.**

**Register online at www.laughingrivers.org, or
contact Laura Langer at loglr@aol.com**



Laughing Rivers Sangha

