

Watering Seeds of Happiness

A Commuter Retreat in the Tradition of Zen Master Thich Nhat Hanh

MAY 17 & 18, 2019 9:00 AM - 4:30 PM

*Happiness is available if only we know how to
slow down and touch the positive, healing elements
in ourselves and in the world around us.*

Please join us as we cultivate these qualities through
meditation, relaxation, and deep reflection with
Dharma Teacher Chu Chan Huy.

Beginners and seasoned practitioners alike can benefit
from the peace, calm and insights generated by
sitting with Laughing Rivers Sangha.

The retreat can be enjoyed as a whole or as individual
Days of Mindfulness. You can pack your lunch or
purchase a vegetarian lunch when you register.

Shambhala Meditation Center, 733 N Highland Avenue, Pittsburgh

*Pricing \$50 a day;
\$80 for both days.
Limited scholarships
available.*



*For more information
or to register, go to:
laughingrivers.org*

PRESENTED BY LAUGHING RIVERS SANGHA