

# **Embracing the Body with Mindfulness**

**A 4-day residential retreat in the tradition of Thich Nhat Hanh  
October 20th - 23rd**

**With Dharma Teachers Chan Huy and Tony Silvestre  
Hosted by Laughing Rivers Sangha at the Kearnes Spirituality Center**

***“We humans have lost the wisdom of genuinely resting and relaxing.  
We don’t allow our bodies to heal, and we don’t allow our hearts and minds to heal.”***

***Thich Nhat Hanh***

**Rediscover the peace, acceptance and healing available in the present moment  
as we come home to our bodies through the practice of mindful breathing.**

**\$300 registration fee includes overnight accommodations & vegetarian meals.  
Limited financial assistance available.**

**For more information and to register, please visit our website**

**[www.laughingrivers.org](http://www.laughingrivers.org)**

**or contact Laura at [loglr@aol.com](mailto:loglr@aol.com) or Michael at [titanium507@gmail.com](mailto:titanium507@gmail.com)**

