



# “Beginning Anew”

## A Day of Mindfulness

Mindfulness practice in the tradition of Thich Nhat Hahn

With Dharma Teacher Chan Huy

Sponsored by:

Laughing Rivers Sangha, a Community of Mindful Living in Pittsburgh

Saturday, April 29th  
Hours: 9 am - 9 pm

Nuin Center, 5565 Bryant Ave.  
Pittsburgh (Highland Park), PA

For more information, Contact Matt:  
412- 221-9412, madmatt@usaor.net or  
Red: 724-794-8501, plredshaw@aol.com

### Registration Information:

- Cost for the day is \$45
- A vegetarian lunch and dinner will be provided
- Some scholarships available for those in financial need
- If you need overnight accommodations, call Matt or Red

Chan Huy comes from a family with four generations of Thich Nhat Hanh’s students, from his grandmother to his two children. Thich Nhat Hanh ordained Chan Huy as a Dharma teacher in 1994. A professional engineer, Chan Huy lives in Montréal, and is a community leader in nearby Maple Village.

Chan Huy is a member of the Elder Council of the Order of Interbeing, coordinator of the Order’s Education and Training Committee, a member of the Interfaith Council of Montréal, and Director of the Maple Buddhist Society. He teaches mindfulness meditation and leads retreats throughout North America.

*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 day of mindfulness will include sitting and walking meditation, group discussion, mindful listening, and eating mindful meals together.*

“Mindfulness practice helps us touch that place of peace that is already within us. By stopping and calming ourselves and bringing to bear our compassionate understanding, we can locate the healing and nourishing elements that are always present but which we so often ignore.”

Chan Huy

Please register by April 19th,  
as space is limited.

# “Beginning Anew”

Send this form and a check, payable to Katherine Hammond, 823 South Braddock Avenue, Pittsburgh, PA 15221

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Specify if you would like to receive the 5 Mindfulness Trainings: Yes No



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