



# *Cultivating the Mind of Love in Our Daily Lives*

A Weekend Mindfulness Retreat  
in the tradition of Thich Nhat Hanh

*With Dharma Teacher Chan Huy*

*Sponsored by Laughing Rivers Sangha  
(The Pittsburgh Community of Mindful Living)*

## November 16 – 18, 2001

### Location:

Franciscan Spirit & Life Center  
3605 McRoberts Road  
South Hills, Pittsburgh

### Program Information:

- Cost for the weekend is \$145 (vegetarian meals and overnight accommodations included)
- Some partial scholarships available

### For more information, contact:

Katie: 412-243-1545  
katielearning@aol.com

- or -

Tony: 412-624-5080  
tonys@pitt.edu

### 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 by Thich Nhat Hanh as a Dharma Teacher 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 offer a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh's lay Dharma Teachers.

*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, small group discussion, 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*



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(The Pittsburgh Community of Mindful Living)*

**Nov. 16-18, 2001**

**Retreat begins at 7:30 p.m. Friday  
evening and ends at 2 p.m. Sunday**

*(Registration Friday, 5 – 7 p.m., with a  
light meal served for supper)*

**Location**

Franciscan Spirit & Life Center  
3605 McRoberts Road  
Pittsburgh, PA (South Hills)

**Registration Information**

- Cost for the weekend is \$145 (vegetarian meals and overnight accommodations included)
- Cancellations after Nov. 6 will receive a refund of \$55 due to a \$90 nonrefundable facility processing fee
- Some partial scholarships available

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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.

*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, small group discussion, and eating mindful meals together.*

**For more information, please contact:**

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katielearning@aol.com tonys@pitt.edu

***Please register by Nov. 2, 2001***

***Send this form with a check payable to:  
Katie Hammond, Box 82573  
Pittsburgh, PA 15218***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

- I am new to the practice and would like an orientation
- I would like to receive the Five Mindfulness Trainings
- I would like to make a donation to the scholarship fund in the amount of \$ \_\_\_\_\_ *(Please enclose check payable to Katie Hammond and designate for Scholarship Fund.)*
- Please specify dietary or other special needs: