



# *The Heart of Happiness: Practicing Peace*

A Day of Mindfulness  
in the tradition of Thich Nhat Hanh

*With Dharma Teacher Chan Huy*

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

*Please join  
us for*

**Saturday, April 26**

**9 am- 8:30 pm**

**(Registration 8-8:45 a.m.)**

**Location**

Nuin Center  
5655 Bryant Street  
Pittsburgh, PA (Highland Park area)

**Registration Information**

- Cost for the day is \$50 (vegetarian continental breakfast, lunch and dinner included)
- Cancellations after April 22 will receive a partial refund
- Some full and partial scholarships available

**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 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:**

Matt: 412-624-5508      - or -      Tony: 412-624-5080  
[Matt@stophiv.pitt.edu](mailto:Matt@stophiv.pitt.edu)      [tonys@pitt.edu](mailto:tonys@pitt.edu)

***Please register by April 15, 2003***

***Send this form with a check payable to:***

Anthony Silvestre, PO Box 7319  
Pittsburgh, PA 15213

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

- I am new to the practice and would like an orientation
- There may be an opportunity to receive the Five Mindfulness Trainings; please check here if you are interested in receiving them.
- I would like to make a donation to the scholarship fund in the amount of \$ \_\_\_\_\_
- Please specify dietary or other special needs: