



Awakening to Joy and Happiness

A 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)*

Friday, Oct. 3 – Sunday, Oct. 5

Thich Nhat Hanh teaches us that joy, happiness and peace are available to us in every moment. But *are we available* to receive these wonderful gifts? Join us for a weekend of mindfulness practice as we come together to slow down, calm our bodies and minds, and look deeply so that we may transform our personal suffering and touch our seeds of understanding, compassion, and joy.

Retreat begins at 7:30 p.m. Friday evening and ends at 2 p.m. Sunday (Check-in/arrival Friday, 5-7 p.m.)

Location

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

Registration Information

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

For more information please contact:

Katie Hammond 412-244-6780
katielearning@aol.com

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 in small group discussions, and eating mindful meals together.

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 as a Dharma Teacher by Thich Nhat Hanh 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.