



# Being Peace

A Day of Mindfulness  
in the tradition of Thich Nhat Hanh

with Dharma Teacher Chan Huy

## Sunday, May 16<sup>th</sup>

Retreat begins at 9:00 am Sunday  
And ends at 5:00 pm

(Check-in/arrival and continental  
breakfast 8:15-8:45 a.m.)

### Location

Himalayan Institute  
841 Delaware Ave  
Buffalo, NY

*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, enjoying silence, mindful listening in small group discussion, and eating mindful meals*

### Registration Information

- Cost is \$50 (includes continental breakfast and vegetarian box lunch)
- Please register by May 7<sup>th</sup>.
- Space is limited. Register early!
- Cancellations after May 7<sup>th</sup> will receive a 50% refund.

### 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.

### For more information, please contact:

Bob Merberg (716) 861-4681  
[bmerberg@healthcoach4u.com](mailto:bmerberg@healthcoach4u.com)

### REGISTER BY MAY 7, 2004

Please make all checks payable to  
Bob Merberg

Mail check and registration form to:  
Bob Merberg, 8677 Millcreek Drive,  
East Amherst, NY 14051.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

I am new to the practice and would like an orientation.

Please specify dietary or other special needs and we will do our best to accommodate them:

#### Box Lunch Choices

(Step 1: Choose one)  Veggie Sandwich\* (hummus, havarti, cucumber, tomato, mushroom, and sprouts on pita)

Veggie Roll-up\* with fresh spinach, tomato, carrot, mushrooms, and sprouts

Spinach Salad – spinach, egg, mushroom, tomatoes, sunflower seeds, raisings, sprouts

\*For Roll-up or Salad choose either  Honey Mustard or  Raspberry Vinaigrette dressing

(Step 2: Choose one)  Can Ice Tea  Apple Juice  Pepsi  Diet Pepsi  7-Up

(Step 3: Choose one)  Cookie  Chips

