



# *Living in Harmony and Awareness*

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**A Mindfulness Retreat  
in the tradition of Thich Nhat Hanh  
with Dharma Teacher Chan Huy**

*Sponsored by Laughing Rivers Sangha  
([www.laughingrivers.org](http://www.laughingrivers.org))*

## Friday, October 1 – Sunday, October 3

Although we often search for happiness and peace in our lives and in the world, it can be difficult to find and sustain. Through meditation and mindfulness practice we can deepen our awareness of the conditions necessary to create happiness and deeper harmony within our lives and the lives of those around us. Join us for a weekend of mindful practice as we explore the Buddhist teachings that support us in our journey towards living in greater peace and awareness.

*“Happiness is not an individual matter” —Thich Nhat Hanh*

**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 \$150 (vegetarian meals and overnight accommodations included)
- Limited scholarships available

### **For more information please contact:**

Jamie Phillips (412) 628-3908  
[JLPST48@hotmail.com](mailto:JLPST48@hotmail.com)

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Dennis Ondek Day (412) 802-8338  
[Dennis@bigbambooinc.com](mailto:Dennis@bigbambooinc.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.