



Living Happily in the Present Moment

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

Sponsored by Laughing Rivers Sangha
(www.laughingrivers.org)

April 28-30, 2006

Please join us as we come together to explore the teaching on living happily in the present moment as found in the sutra, "Knowing the Better Way to Live Alone"

"To live alone does not mean to reject the world and society. The Buddha said that living alone means living in the present moment deeply observing what is happening.... He said that if we are fully alive in the present moment, even if we are in a crowded, urban area, we can still be said to be living alone." —Thich Nhat Hanh

Retreat begins at 7:30 p.m. Friday evening and ends at 2 p.m. Sunday
(Registration will be Friday, 5-7 p.m., with a light meal served for supper.)

Location

Kearns Center
9000 Babcock Boulevard
Allison Park, PA 15101

Registration Information

- Cost for the weekend is \$160/double occupancy (vegetarian meals and overnight accommodations included)
- Limited scholarships available
- Cancellations after March 31 will receive a partial refund of \$100

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 discussion, 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.

For more information, please contact:

Tony Silvestre (412) 624-5080 or Donna Capezzuto (724) 484-7829
tonys@stophiv.pitt.edu capezzut@ohiou.edu

PLEASE REGISTER
BY April 14, 2006

Please make all checks payable to Tony Silvestre

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ E-MAIL _____

Mail check (payable to Tony Silvestre) and registration form to: Donna Capezzuto, 85 Nuthatch Lane, West Alexander, PA 15376

- Please send my confirmation packet by email. (Help us save postage.)
- I am new to the practice and would like an orientation.
- I would like to formally receive the Five Mindfulness Trainings.
- I would like to make a donation to the scholarship fund in the amount of \$ _____.
- Please specify dietary or other special needs and we will do our best to accommodate them: _____

