



Breathe! You are alive

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

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

**Friday, November 3 – Sunday,
November 6**

In the rush of our daily lives, it is easy to forget the simple gifts that are available to us at all times, if we are only willing to stop and see them. Please join us in a Buddhist retreat where we can once again touch the beautiful and refreshing elements of life, as we practice breathing, sitting, walking and smiling together.

“In our busy society, it is a great fortune to breathe consciously from time to time. Every morning when we wake up, we have twenty-four brand-new hours to live. What a precious gift!” –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.)

Please Note New Location

Kearns Spirituality Center
Sponsored by the Sisters of Divine Providence
9000 Babcock Boulevard
Allison Park, PA 15101.

Registration Information

- Cost for the retreat is \$160 (vegetarian meals and overnight accommodations included)
- Limited scholarships available

For more information please contact:

Deborah Brooks (412) 241-1649

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.