



Living Happily in the Present Moment

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

Sponsored by Cloud Cottage Community of Mindful Living

May 4-6, 2007

Retreat Begins at 7:30 PM Friday evening and ends 2:00 PM Sunday

Embracing Simplicity Hermitage

41 Wisdom Lane, Hendersonville, NC 28739

For directions, www.embracingsimplicityhermitage.org

For further information, contact Judith or Philip Toy, 828-669-0920,

cloudcottage@bellsouth.net

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 received the Lamp Transmission as a Dharmacharya (Dharma Teacher) from 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.

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 seated and walking meditation, dharma talks, mindful listening in small group discussion, a celebration of Wesak--the Buddha's birth, enlightenment and continuation-- and a ceremony to transmit the Three Refuges and the Five Mindfulness Trainings of the Order of Interbeing.

Registration

Please arrive on Friday, 5-7 PM. Light supper provided. Cost for the weekend is \$100, which includes vegetarian meals and dormitory accommodations. Please mail your check, made out to Cloud Cottage, to POB 652, Black Mtn, NC 28711.

Name _____

Address _____

Phone, Email _____