

MINDFULNESS: THE PATH TO PEACE

Day of Mindfulness with Brother Chan Huy

Tuesday, Oct. 8, 2013 9:00am - 3:00pm

Unity Temple on the Plaza, (707 W 47th St, KCMO)

Class Room C

Please bring a sack lunch for Mindful Eating Meditation



Brother Chan Huy (his name, translated as "True Radiance," captures his essence) is a Senior Dharma teacher in the Order of Interbeing, ordained by Zen Master Venerable Thich Nhat Hanh. He comes from a family with four generations of Thich Nhat Hanh students. Born in Vietnam, Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Montreal, Canada where he established the Institute of Applied Mindfulness. He offers retreats and talks throughout North America and the world where his clear pragmatic teaching style helps us understand and deeply touch the practice of mindfulness. Chan Huy's warm and engaging manner emanates joy for the practice. www.mindfulcoachingclinic.com

Join us as we learn to bring mindfulness into each moment of our lives. Br Chan Huy will teach us to open our hearts and minds to the beauty of each moment, to begin to find more peace and joy in our lives.

Come learn the path to self-compassion and compassion for others; forgiveness of self and others, opening our hearts to peace and love. Mindfulness practice is the life of *being* peace in the world.

for more information contact: Sue Rempel 913-484-6890 or sue.suerempel@gmail.com

Please RSVP. by Oct 1, 2013. Space is limited

Cost - \$60 (partial to full scholarships available upon need)

Mindfulness: the Path to Peace with Br Chan Huy

Join us as we learn to bring mindfulness into each moment of our lives. Br Chan Huy will teach us to open our hearts and minds to the beauty of each moment, to begin to find more peace and calm in our lives.

Br Chan Huy is a Dharma teacher in the Order of Interbeing, ordained by Zen Master Venerable Thich Nhat Hanh. His teaching is global.

****All events listed will be held at Unity Temple on the Plaza, 707 W 47th St, KCMO, Classroom C (except Avila presentation)*



Oct 7, Monday, 7:00pm-9:00pm - Sitting & walking meditation, Dharma talk on mindfulness. Discussion will follow. Please go to mindfulnesskc.org to register.

Oct 8, Tuesday, 9:00am - 3:00pm - Day of Mindfulness at Unity Temple - Bringing Mindfulness into each moment of your life with Senior Dharma Teacher Br Chan Huy.

Oct 8, Tuesday, 6:00pm - 9:00pm - Avila College - (Mindfulness Techniques with Individuals and Veterans with PTSD) 3 CEU credits available. RSVP 816-501-3661/gradpsych@avila.edu

Oct 9, Wednesday, 7:00pm - 9:00pm - Sitting & walking meditation, Dharma talk on bringing mindfulness into each moment of our lives. Discussion will follow. Please contact sue.suerempel@gmail.com

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Love offering