

Peaceful Action. Open Heart.

A Mindfulness Retreat in the tradition of
Zen Master Thich Nhat Hanh

Thursday October 3rd – Sunday October 6th
2013

Join Laughing Rivers Sangha as we expand our capacity to transform our individual suffering, deepen compassion in our everyday relationships, and help create peace in the world. The Retreat will include guided meditations, Dharma teachings, walking meditation, noble silence and optional sharing.



Photo courtesy of A. Jesse Jiryu Davis

Dharmacarya Chan Huy is a Senior Dharma teacher in Thich Nhat Hanh tradition since 1994, giving talks and leading mindfulness retreats throughout North America.

Retreat begins at 7PM Thurs and ends 2PM Sunday.
Kearns Spirituality Center at La Roche College, Allison Park, PA.

Cost for the retreat is \$275 for 4 days (\$215 for 3 days).

Vegetarian meals and overnight accommodations included.

Register by September 19th; cancellations after September 24th will receive a partial refund of \$100. Scholarships are available.

For more information or to register, please contact:

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www.laughingrivers.org

www.plumvillage.org