



61 Fourth Ave. (9<sup>th</sup> St.) 3<sup>rd</sup> Fl. \* 212.475.6650

[threejewels.org](http://threejewels.org)

Join us for two fundraiser events—benefitting  
**Saigon Children's Charity (USA)**

**Mindfulness Meditation & the Art of Mindful Living:  
"A Remedy for Depression"**

with Chan Huy, MS, MBA, CPC

Senior Dharma Teacher in Thich Nhat Hanh tradition

**Monday, May 2, 2011 – 6:30-9:00PM**



**Iyengar Yoga for**

**"Uplifting the Emotional Body"**


with Carolyn Christie (Iyengar-Certified Junior Intermediate 3)

**Sunday, June 26, 2011 – 2:00-4:30PM**

**Suggested Donation: \$25 pre-register or \$30 at door**

**Mindfulness** is an innate capacity that we all have within ourselves, but that we need to develop with the practice of Mindfulness Meditation. It allows us to clearly see our feelings and our thoughts, to understand that they are just impermanent mental formations and to gently let them go without being caught in them and without having to act under their influence. By living a Mindful Life, we can free ourselves from our toxic thoughts and our negative views of the world that are the root causes of our depression. In modern psychology, this method called Cognitive Therapy has been scientifically proven to be an effective treatment for clinical depression.

**Nurturing the Emotional Body**—asana practice brings stability to the mind and body. In this class, we will first bring a sense of quiet equilibrium to the mind/body and then study the poses that lift the emotional body to a higher and lighter place.

You may register in-person or to pay by credit card, click  and select \$25 donation or visit [www.saigonchildrenusa.org](http://www.saigonchildrenusa.org)

Email: [trinh@saigonchildrencharityusa.org](mailto:trinh@saigonchildrencharityusa.org) or call 718.496.9137