

Chu Chan-Huy <chanhuyoi@gmail.com>

 **Public talk on practice and teaching of Thich Nhat Hanh**

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Fri, Mar 30, 2012 at 8:39 AM

Public Talk on the Practice of Mindful Living

Thursday April 12, 2012

Spend a joyous evening learning about the practice of Mindful Living following the teachings of the renowned teacher **Thich Nhat Hanh**. The discourse will be presented by Thay's disciple, Brother Chu Chan Huy. This discourse will be a wonderful opportunity to slow down, rest, listen, and learn about the source of our deepest inspiration and insight. We will hear about the practice of mindful meditation, breathing, walking, and eating that teaches us to be in the present moment, where there is peace, calm, and joy.

For people of all religious faiths, and people of no particular faith.

Led by **Brother Chu Chan Huy**

About Chan Huy



Brother Chu Chan Huy is an experienced Dharma teacher in the Order of Interbeing, ordained by Zen Master Venerable Thich Nhat Hanh. Brother Chan Huy lives in Montreal, Canada and offers retreats throughout North America. He comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two daughters. Born in France of Vietnamese parents, Chan Huy grew up in Vietnam until he was 18 then immigrated to Canada where he now lives. 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. His name, translated as "*True Radiance*," captures his essence. Chan Huy is among the most accomplished and articulate of Thich Nhat Hanh's Dharma teachers. A husband and father of grown daughters, he is a master of lay mindfulness practice. "Not a moment goes to waste. Everything is fuel for mindful living."

Co-sponsored by the

Omaha Community of Mindful Living,

Unity of Omaha / A Positive Path for Spiritual Living,

To Attend

Come to **Unity of Omaha**

at 3424 N 90 St. Omaha, NE 68134

Thursday 7:00-9:00 p.m. April 12th, 2

Come early as seating is limited.

Refreshment and cookies will be served afterwards.

There is no fee for this discourse, but a traditional *Dana* (donation) offering for the teacher is greatly appreciated.

For additional info: contact Mark Watson by email at info@omahayogapath.net