

Cultivating Stillness in a Storm of Uncertainty

Practicing During Difficult Times

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

Thursday October 11th – Sunday October 14th

Armed conflicts fill the news, economies are crashing and climate change threatens our life systems of food and water. How can we remain awake to reality without deep anxiety?

Join us as we practice Stopping & Looking deeply together during this weekend retreat to answer this question and to find ways to cultivate the power of stillness in our lives.



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.
Held at Kearns Spirituality Center, Allison Park, PA.

Cost for the retreat is \$250 for 4 days (\$190 for 3 days).

-Vegetarian meals and overnight accommodations included.

Register by October 1st; cancellations after October 5th will receive a partial refund of \$100. Limited scholarships are available.

For more information or to register, please contact:

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