

Mindfulness Interventions For Your Practice

Presented by

Brother Chu Chan-Huy

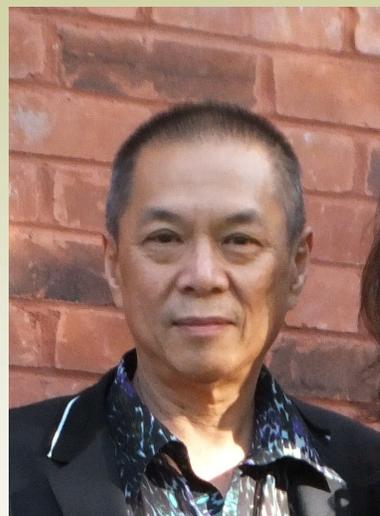
Dharma teacher in Thich-Nhat-Hanh tradition

Tuesday, October 30th, 2012

6:00pm to 10:00pm

Avila University

Whitfield Hall



Brother Chu Chan-Huy will teach how to conduct/practice:

- * **mindful thoughts**
- * **mindful emotions**
- * **mindful eating**
- * **mindful movements**
- * **deep relaxation**

Please RSVP to Teresa Loch

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Fee:

4 CEU Credits \$40.00

Non Credit \$25.00

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