

Joyfully Together

A Weekend Mindfulness Retreat with

Brother Chan Huy

in the tradition of Thich Nhất Hanh

Lake Doniphan
Excelsior Springs, MO

October 14 - 16, 2005

"From time to time, to remind ourselves to relax, to be peaceful, we may wish to set aside some time for a retreat...when we can walk slowly, smile, drink tea with a friend and enjoy being together as if we are the happiest people on Earth. This is not a retreat, it is a treat."

In this quote from Being Peace, Thich Nhất Hanh beautifully describes our need for a refuge from the demands of our busy lives. A time like this can help us get in touch with ourselves, and with what makes us and our dear ones happy. We will nourish our seeds of happiness, so that we may return to our daily lives restored.

Brother Chan Huy

Chan Huy comes from a family with four generations of Thich Nhất Hanh's students, from his grandmother to his two children. He leads mindfulness retreats throughout North America.

Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Ottawa, Canada where he works as an engineer. His clear, pragmatic teaching style easily helps us to understand and deeply touch the practice of mindfulness. His 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 Nhất Hanh's Dharma teachers.



Located 35 minutes north of downtown Kansas City, [Lake Doniphan](#) offers a beautiful peaceful setting for our retreat. Directions are available on their [website](#).

During this residential mindfulness retreat, we will enjoy sitting and walking meditation, deep relaxation and other mindfulness practices. Chan Huy will offer a daily Dharma talk and will transmit the five Mindfulness Trainings. Group discussions will help us connect the teachings to our daily lives. Periods of gentle silence will nourish our mindfulness. This retreat is ideal for newcomers as well as longtime practitioners.

Your Stay

Check-in is from 5-7 p.m. on Friday October 14th. The retreat will end at about 2:30 p.m. on Sunday, October 16th. Dormitory style lodging has four persons per room. Each dorm room has generous bath facilities, complete with bed and bath linens. RV hook-ups, tent camping and primitive cabins with no plumbing are also available with a public bathhouse nearby. [Lake Doniphan](#) provides vegetarian meals for all. Bring your own meditation pad, cushion or bench. Chairs will be available.

Dana—Gift of Generosity

Chan Huy follows a long tradition of offering the Buddha's teachings without charge, as these teachings are priceless. As part of this tradition those receiving the teachings support the teacher. Please consider making a donation according to your means and the value you feel you have received.

Scholarships

Partial scholarships may be available. Please enclose a letter describing your aspirations for your practice and the amount of your need with your registration form.

Questions?

Jim at kctimi@yahoo.com or 816.942.8277.

No Refunds after September 16, 2005

To register, [click here](#).

