



Joyfully Together

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

*Sponsored by Laughing Rivers Sangha
(www.laughingrivers.org)*

October 21 - 23, 2005

"Whether practicing together as a family, a Sangha, or a nation, we have so many opportunities to grow in our capacity to understand and to love. Each moment and each day is an opportunity to begin anew, to open the door of our hearts, and to practice together for our own transformation and healing and for the transformation and healing of our families and our world.

Practicing together in this way, we are discovering the path of living peacefully in the present moment and living joyfully together." –Thich Nhat Hanh (from Joyfully Together: The Art of Building a Harmonious Community)

Mindfulness means dwelling fully in the present moment, to be aware of what is going on within and around us so we can be more alive in our daily existence. Our retreat will include sitting and walking meditation, dharma talks, mindful listening in small group discussion, and eating mindful meals together.

Retreat begins at 7:30 p.m. Friday evening and ends at 2 p.m. Sunday
(Registration will be Friday, 5-7 p.m., with a light meal served for supper.)

Location

Franciscan Spirit & Life Center
3605 McRoberts Road
Pittsburgh, PA (South Hills)

Registration Information

- Cost for the weekend is \$160 (vegetarian meals and overnight accommodations included)
- Limited scholarships available
- Cancellations after September 30 will receive a partial refund of \$100

About Brother Chan Huy

Chan Huy, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. He was ordained as a Dharma Teacher by Thich Nhat Hanh in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

If you have wanted to hear Thich Nhat Hanh in person but have not been able to do so, Chan Huy can give you a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh's lay Dharma Teachers. You will know from his presence that he embodies the practice of mindfulness

For more information, please contact:

Lee Bash (412) 913-5263 or **Carrie Bennett** (304) 723-2569
leebash@yahoo.com *mcbennett21@comcast.net*

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

PLEASE REGISTER
BY October 7, 2005

Please make all checks payable to
Lee Bash

Mail check (payable to Lee Bash) and registration form to: Lee Bash, 1205 Rebecca Ct, Oakdale PA 15071

- Please send my confirmation packet by email. (Help us save postage.)
- I am new to the practice and would like an orientation.
- I would like to formally receive the Five Mindfulness Trainings.
- I would like to make a donation to the scholarship fund in the amount of \$_____.
- Please specify dietary or other special needs and we will do our best to accommodate them: