

# La maison de Pleine Conscience

invites you to a

## Mindfulness Day

with

**Chân Huy**

dharmacharya invested by

**Thich Nhat Hanh**

## *Entering into freedom...*

Stopping, breathing, meditation, awareness, Mindfulness...our minds sometimes seems to mock our efforts, inviting in all sorts of unwanted guests. The practice of Attention: how can we know if we're on the right path? How to deal with the highs and lows? How to continue serenely in their presence?

*The Path of Mindfulness,  
path of peace which brings  
joy and liberation...*

To walk on the Path of Mindfulness is a practice. A personal quest, a pilgrimage, in order to enter into freedom in body, speech and mind.

During the day, we will have the joy to practice together sitting and walking meditation, mindful listening to a dharma talk, silent meal, total relaxation, dharma discussion, tea ceremony and/or other mindfulness practices.

**Sunday, September 30th, 2007**

**9:30 to 5:00 pm**

**5867 Saint-Hubert, Montreal** (metro Rosemont)

**Cost: 40 \$**

(Please bring your own lunch and your cup)

**(514) 272-2832**

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