



Be Free Where You Are

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

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

Friday, April 18 – Sunday, April 20, 2008

In the pace of today's world, we can often lose ourselves and our sense of freedom and happiness. We invite you to join us for a weekend of mindfulness practice, where we will cultivate our ability to simply stop and return to our true home, so that we may learn to manifest freedom and ease in our daily lives.

You can practice freedom every moment of your daily life. Every step you take can help you reclaim your freedom. Every breath you take can help you develop and cultivate your freedom. This is possible anywhere.

–Thich Nhat Hanh

Retreat begins at 7 p.m. Friday evening and ends at 2 p.m. on Sunday afternoon (Check-in/arrival Friday, 5-6:30 p.m.)

Location

Kearns Spirituality Center -- *Sponsored by the Sisters of Divine Providence*
9000 Babcock Boulevard
Allison Park, PA 15101.

Registration Information

- Cost for the retreat is \$170 (vegetarian meals and overnight accommodations included)
- Limited scholarships available

For more information please contact:

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or

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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 discussions, and eating mindful meals together.

About Brother Chan Huy and Laughing Rivers Sangha

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.

Chan Huy is a cherished teacher who has been leading retreats with the Laughing Rivers Sangha for many years. He teaches us to examine ourselves and our relationships while focusing on the true heart and essential teachings of mindfulness practice. This focus, along with the support of the Laughing Rivers Sangha's 17-year commitment to mindfulness, creates an atmosphere that fosters love, happiness, and deep insight into our own lives.