

Healing Ourselves, Healing the World

Three-Day Mindfulness Retreat with Dharma Teachers Anh-Huong Nguyen and Thu Nguyen

Practicing the Art of Mindful Healing

APRIL 12 to APRIL 15, 2018 (Thursday to Sunday)

Lutheridge Camp and Conference Center, Arden, NC (10 minutes from Asheville)

The practice of mindfulness helps us to be fully present and to touch the wonders of life within and around us: the sunshine, the autumn leaves, the pebbles, the smile of a child. Looking at the blue sky, we can take one deep breath and touch its immensity, solidity and freedom. We will not be overwhelmed by feelings of anger, sorrow, and despair, especially in times of difficulty. In this retreat, through the practice of conscious breathing, we will have an opportunity to stop, rest, and get in touch with our inherent capacity for healing and renewal that we usually take for granted in our busy lives.



Anh-Huong Nguyen and Thu Nguyen

have practiced the art of mindful living with Thich Nhat Hanh for more than 30 years. They have led mindfulness retreats in the United States since 1988 and in 1992 were among the first students to be ordained as Dharma Teachers by Thich Nhat Hanh. Anh-Huong is the author of "*Opening the Heart of Compassion*", a guided meditation CD and co-author of "*Walking Meditation*", a multimedia manual on mindful walking. They are principal teachers at the Mindfulness Practice Center of Fairfax (www.mpcf.org).

ALL LEVELS OF EXPERIENCE WELCOME, ESPECIALLY BEGINNERS!

\$335 per person for a double room if registered before February 14.

\$370 per person for a double room after February 14.

Commuters: \$185 before Feb. 14, \$220 after that. All meals included.

Limited scholarships available. Single rooms on request.

FOR INFORMATION AND REGISTRATION:

Contact Linda Flynn at redbirdlinda@yahoo.com or (828) 989-7250.

More details at www.mountainmindfulness.org

Sponsored by Mountain Mindfulness of Asheville, North Carolina, a sangha in the Thich Nhat Hanh tradition.

