

Practicing the Art of Mindful Living

An All-Day Workshop
With Anh-Huong Nguyen
and Thu Nguyen

Saturday March 31, 2012

9:00 am - 4:00 pm

At the Friends Meeting House,
Baltimore, Main Meeting Hall



On this day, we come together to learn and practice the art of mindful living as a community. The purpose of mindfulness practice is to experience and demonstrate that happiness is possible right here and now. We will learn to get in touch with our inherent capacity for healing and renewal that we usually take for granted in our busy lives. Dress comfortably and bring a mat, cushion for the sitting and blanket for the deep relaxation. Some cushions and chairs will be available.

Program: 9:00am – 4:00pm	Fee:
9:00 - 9:30 am: Registration	\$80
9:30 - 10:30: Introduction, Guided meditation	
10:30 - 11:00: Mindful movements	\$70 for registration with payment by March 15
11:00 - 11:30: Indoor walking meditation	
11:30 - 11:50: Outdoor walking	
12:00 - 1:15 pm: Orientation to mindful eating -Lunch	\$50 to \$60 for those with financial difficulties. Please let us know in advance.
1:15 - 1:45: Outdoor walking	
1:50 - 2:50 Deep relaxation	
2:50 - 3:45 Talk on mindful living / Discussion	
3:45 - 4:00 Sitting and closing circle	

- Please bring a vegetarian dish to share at lunch, eating utensils and a plate.
- To register or for questions please send an email to: mhambleton@ais-web.com. Make checks payable to: MPCF and send to: MPCF c/o AIS, P.O. Box 192, Timonium, MD 21904.

Location:

5116 N Charles Street, Baltimore, MD 21210 (Just North of the Friends School and South of Cathedral of Mary our Queen). Web address: <http://www.stonyrunfriends.org>

Teachers:

Anh-Huong and Thu Nguyen have been students of Thich Nhat Hanh for 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 meditation 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.

REGISTRATION - please send email containing the information below or mail to address above

Name: _____ email: _____

Address: _____ number attending _____

_____ will pay at the door

_____ sending check