

NOURISHING OUR BODIES, HEALING OUR MINDS

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

Thursday, October 27 – Sunday, October 30, 2011

*“When we can slow down and really enjoy our food, our
life and our health, we take on a much deeper quality.”*

-Zen Master Thich Nhat Hanh

**Retreat begins at 7pm Thursday and ends 2PM Sunday
Kearns Spirituality Center, Allison Park, PA.**

**Cost for the retreat is \$250 for 4 days, double
occupancy. Silent vegetarian meals and overnight
accommodations included. Please register by October
10th Financial assistance, limited number of commuter
slots available.**

For more information or to register, please contact:

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