

NOURISHING OUR MINDFULNESS TOGETHER

NON POTABILE

A RETREAT IN THE THICH NHAT HANH TRADITION

WEEKEND RETREAT, MAY 3 - 5

Mindfulness practices help us to wake up to what is going on inside and around us, and give us the tools to make a difference, in our own lives and the lives of those around us and, ultimately, in our world. Mindfulness is a simple way to bring our mind back to our body, to become aware of what is happening in our present experiences, so we can live with happiness, joy and freedom. When we are present our minds are clear and at peace, and our hearts light and open.

A retreat is a unique opportunity to come and experience for yourself how mindfulness practices can calm body and mind and release tension, reduce stress, increase clarity, and promote health and well-being. You'll have a chance to taste the core practices of sitting meditation, walking meditation, mindfulness of breathing, deep relaxation, and enjoying your food. Together we will arrive in the present moment, and have a chance to let go of our worries and regrets, stop running, and touch the wonders of life. All of these practices can be applied in your daily lives, the lives of your friends, families and patients.

Held in the tranquil setting of **Columban Fathers Retreat Center** nestled in the forest & hills around Bellevue, Nebraska just 15 minutes from Omaha. The retreat will be led by members of the *Honey Locust Sangha* and visiting **Dharma Teacher Chan Huy** (*True Radiance*). Chan Huy is an experienced mindfulness teacher ordained by *Thich Nhat Hanh* in 1994 who has offered mindfulness retreats around the world.

For people of all religious faiths, and people of no particular faith.

Registration Deadline April 30, 2013

before April 9 \$185/person double occupancy
\$245 private room (as available)
after April 9 \$205/person double occupancy
\$265 private room (as available)
Space is limited so register early.

Payment can be made online thru [PayPal](https://www.paypal.com) by going to www.omahayogapath.net/news-and-events/ or by check made out the Omaha Community of Mindful Living sent to the Yoga Path/2057 N 54 St./Omaha, NE 68104.

For additional info: contact Mark Watson 402-905-2295 or email info@omahayogapath.net

To view retreat location and directions go to www.columban.org/retreat-house/



Brother Chu Chan Huy is an experienced Dharma teacher in the Order of Inter-being, ordained by Zen Master Venerable Thich Nhat Hanh. Brother Chan Huy (his name, translated as "True Radiance," captures his essence) offers retreats throughout North America. He comes from a family with four generations of Thich Nhat Hanh's students. Born in Vietnam, Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Montreal, Canada where he established the Institute of Applied Mindfulness www.mindfulcoachingclinic.com. His clear pragmatic teaching style helps us understand and deeply touch the practice of mindfulness. Chan Huy's warm and engaging manner emanates joy for the practice. Chan Huy is among the most accomplished and articulate of Thich Nhat Hanh's Dharma teachers. A husband and father of two adult daughters, he is a master of lay mindfulness practice. "Not a moment goes to waste. Everything is fuel for mindful living."