

**living deeply**

A Mindfulness Retreat in the tradition of

Thich Nhat Hanh with Dharma Teacher Chan Huy

Thursday March 3rd – Sunday March 6th

“**The Present Moment contains past and future. The secret of transformation is in the way we handle this very moment**.”

Zen Master Thich Nhat Hahn

Retreat begins at 7PM Thurs and ends 2PM Sunday.

Held at Kearns Spirituality Center, Allison Park, PA.

Cost for the retreat is $250 for 4 days ($190 for 3 days).

-Vegetarian meals and overnight accommodations included.

Register by February 17th; cancellations after February 25th will receive a partial refund of $100. Limited scholarships are available.

For more information or to register, please contact:

* Bill Meoni 412-570-0082 billmeoni@hotmail.com
* Michael Sutherland 412-363-5885 titanium507@gmail.com

www.laughingrivers.org