

Day of Mindfulness

A Unique Retreat of Meditation, Inspiration and Transformation

open to people of all faiths, ethnicities, orientations and levels of experience



SATURDAY
October 4, 2008
9:00 am - 5:00 pm

Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:

- ▼ Sitting Meditation
- ▼ Walking Meditation
- ▼ Eating Meditation
- ▼ Mindful Movement
- ▼ Teachings / Q&A
- ▼ Journal-Writing
- ▼ Silence & Music
- ▼ Sharing & Discussion

Facilitated by: **Br. ChiSing**, M.Div., M.A.
*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

BEGINNER-FRIENDLY

Location:

Center for Spiritual Living

International Place

4801 Spring Valley Rd., Suite 115
Dallas, Texas 75244
*(west of Tollway off Spring Valley
between Inwood and Welch)*

\$60 – limited to 30 persons
(please bring your own vegetarian lunch)

ALL ARE WELCOME!

Please register online by October 3 at:

www.AwakeningHeart.org

