



THE ART OF MINDFUL LIVING

*“Meditation * Enlightenment * Transformation”*

A SPECIAL DAY RETREAT WITH BROTHER CHISING

AN ORDAINED DISCIPLE OF ZEN MASTER THICH NHAT HANH

SATURDAY, SEPTEMBER 26, 2009

9:00 AM - 5:00 PM

**Treat yourself and your friends to a Heart-opening SABBATH
Day of Peace, Joy, Wisdom, Inspiration & Community through:**

- * Sitting Meditation
- * Walking Meditation
- * Eating Meditation
- * Mindful Movement
- * Teachings / Q & A
- * Journal-Writing
- * Silence & Music
- * Sharing & Discussion, etc.

BEGINNER-FRIENDLY

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



INTERFAITH “DAY OF MINDFULNESS” RETREAT

Facilitator: **BROTHER CHISING**, M.Div., M.A.

\$30-\$70 suggested donation (includes lunch)

location:

UNITY CHURCH IN GRAPEVINE

1650 Hughes Road
Grapevine, TX 76051

(817) 488-1008

Please register online by September 24 at:

WWW.AWAKENINGHEART.ORG

