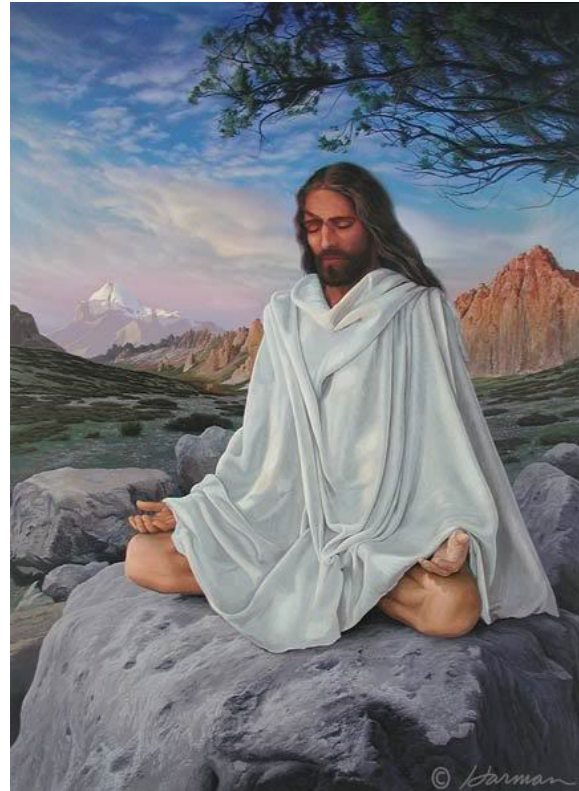


THE JOY OF MINDFUL LIVING

Meditation, Movement, Music & More

A Morning Retreat with Brother ChiSing

SATURDAY, May 15, 2010
(9:00 AM - 12:30 PM)



Through gentle, beginner-friendly guided and silent meditations of various modalities (*sitting, walking, resting, writing, movement, singing, etc.*), as well as through deep insightful teachings and community-building practices, we will calm our bodies, purify our minds, open our hearts, and awaken our spirits to the ONE SPIRIT that is our True Self.

Together, we will enter into a deep and joyful space of "Simplicity, Stillness and Silence" through mindfulness, meditation and the Enlightenment that is the Reality within every person.

9:00 Introductions
9:15 Calming Yoga
9:30 Resting Meditation
10:00 Energizing Qigong
10:15 Walking Meditation
10:30 Sitting Meditation
11:00 Mindful Movement
11:15 Wisdom Teachings
11:45 Writing Meditation
12:00 Sharing
12:15 Music

"We do not have to die to arrive at the gates of Heaven. In fact, we have to be truly alive. The practice is to touch life deeply so that the Kingdom of God becomes a reality. This is not a matter of devotion. It is a matter of practice. The Kingdom of God is available here and now."

~ Thich Nhat Hanh

Brother ChiSing, M.Div., M.A., is the founder of "Awakening Heart" in Dallas and "One Dharma" in Austin. He is an ordained disciple of THICH NHAT HANH and is one of the most popular meditation facilitators in North Texas, with over 100 students in 4+ locations. Find out more at: www.AWAKENINGHEART.org

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* Love Offering (suggested donation: \$30-\$50)
[plus optional \$20 for Book & CD]



Please register online by May 12 at:

www.AWAKENINGHEART.org