

## Registration Information ~

### Calling all

Southern California Sanghas practicing in the tradition  
of zen master Thich Nhat Hanh!

Please join in an exhilarating Day of Mindfulness

with Br. ChiSing ...

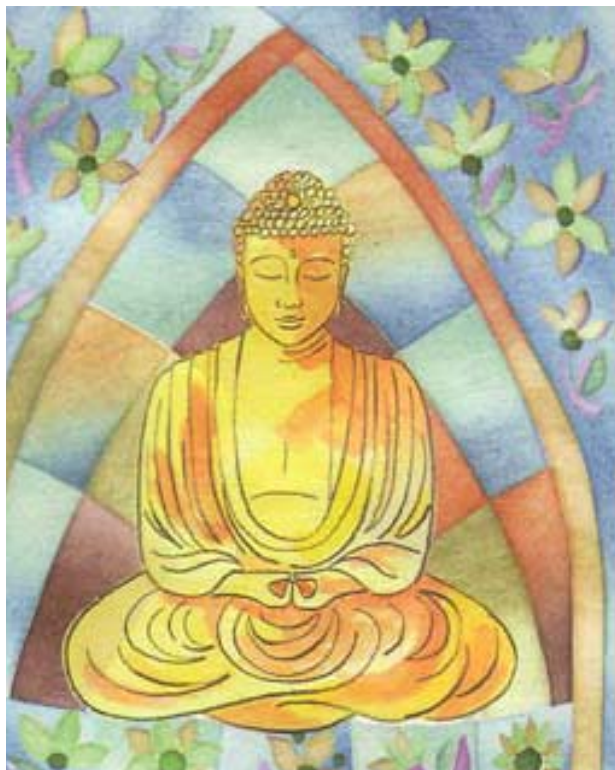
*"Where are you now my good friend?*

*... let us breathe in and out together,*

*and let the Sun of Awareness enter.*

*If you want to sing, please sing! Really sing!"*

*From The Sun My Heart by Thich Nhat Hanh*



## AWAKENING THE HEART OF JOY

Music ~ Meditation ~ Movement ~  
Silence ~ Sharing

Facilitated by:

**Br. ChiSing**, M.Div., M.A., OI

Please check his website: [www.intermindful.com](http://www.intermindful.com)

• When ~ **SATURDAY**  
**April 12, 2008**

• Where ~ **SANGHA CENTER FOR  
SPIRITUAL LIVING**  
7641 Talbert Avenue, Huntington Beach, CA  
92648  
(714) 596-0900

• Time ~ **9:00 a.m. – 5:00 p.m.**  
Check-in and optional sitting beginning at 8:30 a.m.

• **New to Sitting and Walking Meditation?** Arrive at 8:30 a.m. for introductory overview and guidance!

• **What to Bring:** Please wear comfortable clothing for gentle yoga, movement exercises, and deep relaxation (a blanket if desired); a cushion and zafu/zabuton for sitting meditation (chairs will also be available); a ceramic cup for tea; your own vegetarian bag lunch & beverage for eating meditation in the park; tea & snacks will be provided in the morning & afternoon at the "Sangha Center"; comfortable shoes for outdoor walking meditation; any & all musical instruments (Calling for at least one **Guitarist** to accompany ChiSing); Paper/Pen for Writing Meditation.

• **Registration:** This Day of Mindfulness promises to be very popular & space is limited to 50. Therefore, advance registration is recommended. Requested registration is sliding scale of \$40 - \$60. **Take \$5 off your registration if postmarked before March 26, 2008.** To register, please **send check made payable to Victoria Emerson**, P.O. Box 5951, Huntington Beach, CA 92615. **On memo line please write DOM-ChiSing.** After March 26, registration by mail & at the door will be the requested fee of \$40 - \$60.

• **Directions & Information:** Ample Parking available at the "Sangha Center" location. Carpooling encouraged. Take the 405 to Beach Blvd. south, turn right on Talbert. For further information contact **Anita Emery** ([anita1428@earthlink.net](mailto:anita1428@earthlink.net)), **Lan Anh Nguyen** ([lananh70us@yahoo.com](mailto:lananh70us@yahoo.com)), **Victoria Emerson** (714-625-7879 or [l.v.emerson@gmail.com](mailto:l.v.emerson@gmail.com)), or your local sangha.