

# AWAKENING HEART

## HALF-DAY REJUVENATION RETREAT

*Practice  
Sitting,  
Walking,  
Resting,  
Movement,  
Breath,  
Sound,  
Light,  
Healing,  
Lovingkindness  
and other  
Meditation  
Modalities*



*“Manifest the Miracles  
of Mindfulness!”*

**Saturday, June 8, 2013**

1:00 – 5:00 PM

**Facilitated by Brother ChiSing, M.Div., M.A.**  
*(an ordained disciple of Zen  
master Thich Nhat Hanh)*

\$30-\$50 suggested donation  
*(no one turned away for lack of funds)*

**HARMONY FELLOWSHIP**

824 Pennsylvania Ave., Fort Worth, TX 76104

**[www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)**

