



**EMPOWER
YOUR LIFE
THROUGH
MEDITATION**

**For all levels of
meditation practitioners**

**Learn the fine art of
relaxing the
Body & Mind**

**Learn the integral
approach to train
Body & Mind**

**Are you meditating
alone? Do you receive
synergy & spiritual
support from peer
group?**

**Are you making
measured progress
in your practices?**

APRIL 30 – MAY 1, 2016

SATURDAY & SUNDAY

2-DAY MEDITATION WORKSHOP

Compassionate Service Society invites you to join us as Master CE Hang Truong offers teachings on ancient practices to help us reduce stress, heal the body, and revitalize our being.

Master CE Hang Truong will take us through the methodologies and provide guidance for meditation practice. With continued effort, these transformative practices can open our heart to the peace and serenity that exists in every moment, even in the midst of our busy lives.

Program Hours:

Registration 8AM - 9AM
Meditation Lecture/Practice: 9AM - 6PM
Vegetarian Lunch: 12PM-1PM

Location:

Techniplex Conference Center

4810 Techniplex Drive
Stafford, TX 77477
(281) 565-5050
(Next to Comfort Suites)

Free Admission

Register online: <http://css-south.org>



Compassionate Service Society

(Non-Profit Organization)

email: retreatswithcompass108gmail.com

832.543.3277