

Stillness, Movement & Transformation: THE ART OF BEING HAPPY

We all want to be happy and enjoy life, yet we find ourselves living in a condition of worry, concern, conflict, and confusion. The wisdom teachings and practices offer freedom from this condition ... join us for a unique combination of training in both Mindfulness and T'ai Chi Chih, then walk away with easy tools to transcend this condition and live in a natural state of well-being and peace.

DAY & TIME: Sunday, September 27, 2026
9AM-5PM

LOCATION: The Copper Beech Room
Our Lady of Angels Convent
609 Convent Road Aston, PA 19014

COST: \$30 (cash, check or Zelle only ... see Registration page for more info)

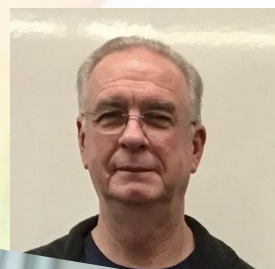
LUNCH: a cold lunch (composed of chicken salad, rolls, cheese, and a green salad with hard-boiled eggs, lettuce, onions, and tomato) will be available for an additional \$6.50. *If you decide to bring your own, however, consider joining the group in the Convent cafeteria (otherwise, feel free to lunch on your own.)*

REGISTRATION: Use this QR code



or visit <https://tinyurl.com/TheArtOfBeingHappy>
to register by 9/20/26

ABOUT YOUR FACILITATORS: Dr. David Parrish is a Clinical Psychologist, Meditation teacher, an Accredited T'ai Chi Chih instructor, and author. He has been practicing and teaching meditation in the Zen and Dzogchen traditions for over 20 years. His YouTube channel contains over 750 Dharma talks. He provides instruction and guidance for students all over the world. Learn more at www.being-enlightened.com and www.youtube.com/@ZenPsych



Jessica Lewis, CPT, CNC is an Accredited T'ai Chi Chih instructor, plus a Master Personal Trainer, and a Certified Nutritional Counselor. She is the founder of both the unique Lifestyle Coaching private practice SCULPT YOUR LIFE® and a program especially designed for Veterans and their loved ones, T'AI CHI CHIH FOR VETERANS. Jessica has been offering an integrative blend of instruction in evidence-based relaxation principles, functional fitness, and whole food nutrition for over 20 years. Learn more at www.SculptUrLife.com and www.SculptUrLife.com/tai-chi-chih-for-veterans or connect with Jessica across Social.

