

REPRESENTATION DOCUMENT

My full name is Ha Van Nguyen and I'm 27 years old now. I come from Hanoi, Vietnam. I'm not only a young author but also a life coach and a meditation instructor. To me, art is everything that belongs to our soul: Nature, music, literality and so on.

At the current time, Vietnam is a developing country, but sooner or later, it will eventually reach the level of a developed country such as, Japan or Korea. According to data from the World Health Organization (2012), Japan is one of the countries that has the highest rate of commit suicide. To prevent similar thing happen to our country, we need to do something, not in the future, but right now. I have put my ideas into a book called "A true me." ("Hãy gọi đúng tên tôi" in Vietnamese). However, after a year of practicing meditation with my master on mountain, I found out that ideas needed to be put into actions. Therefore, I opened "Dong Xanh", a place where people can come together to: learn self defense from problems, to share ideas and to practice meditation.

In fact, Dong Xanh (Green Field) is a social enterprise situated at a tranquil space in the heart of Hanoi City. We are dedicated to creating a healthy, nourishing community where people can learn the art of meditation and bring the practice into daily life. By sharing and guiding each individual on the journey of discovering oneself, we plant the seeds of love and understanding in one's heart so that they could lead their life in a happier way.

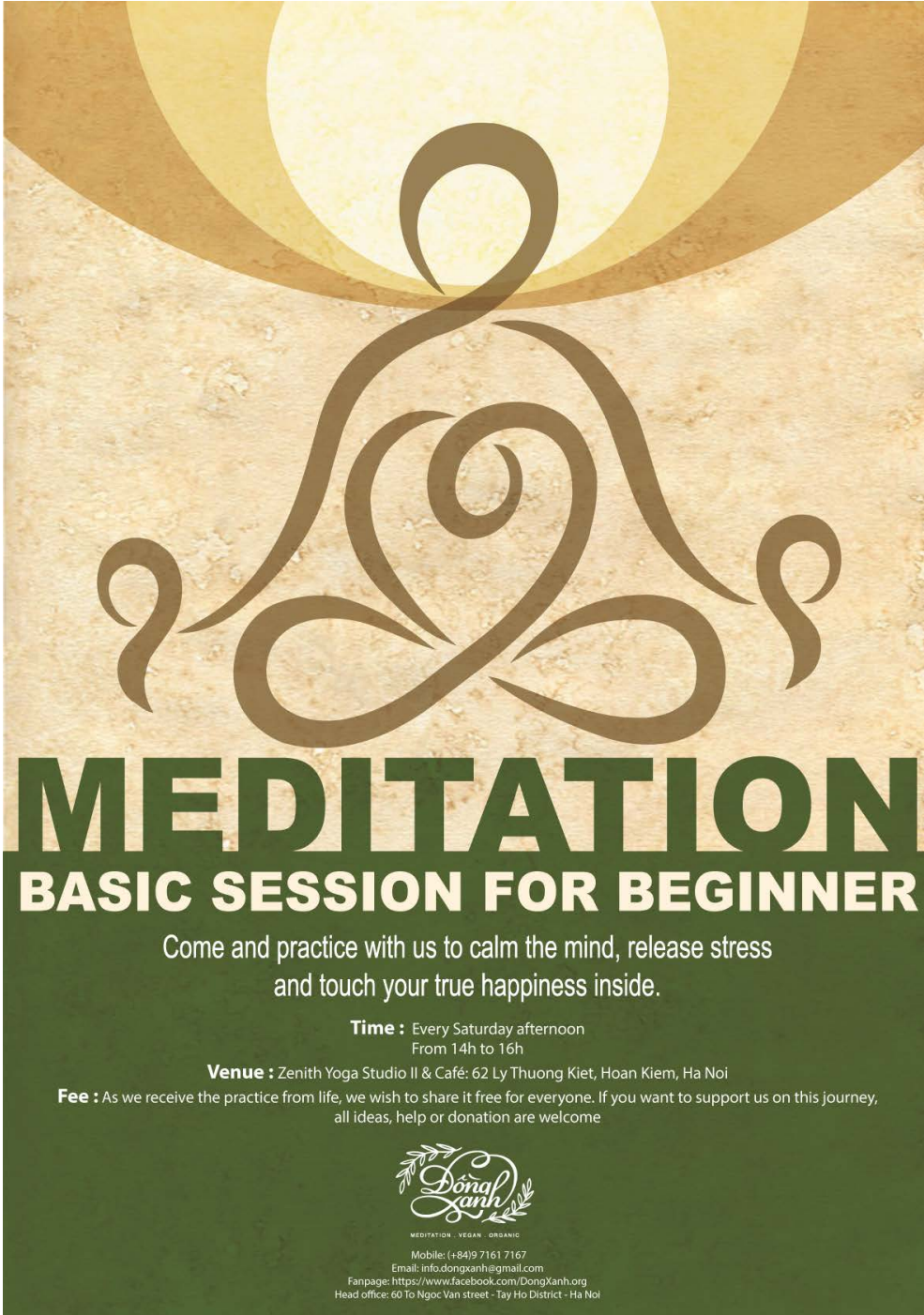
Dong Xanh was founded in 2016 in Hanoi in order to support and foster the sense of mindfulness and peace in the surrounding community. We offer a variety of approaches to achieve and maintain your optimal health. Whether you are experiencing pain or simply want to improve your physical and mental wellbeing, Dong Xanh provides a healing and friendly environment to do so.

As an unique Health Care Group in Hanoi, our main goal is to help other's mind and body connect, developing their own healthy and spiritual process. Our practice is one of a kind and caters to a broad range of clientele. Everyone will be filled with pure gratitude and relaxation while elevating the physical, mental, and emotional wellbeing. We provide everything that the mind and body could possibly need.

Our current showcase :

1. Vegetarian/ Vegan
2. Healing meditation
3. Environmental Protection:
4. Natural cosmetic & Healthy foods
5. Self-development classes
6. Club & Volunteer activities

Website: dongxanh.info




MEDITATION
BASIC SESSION FOR BEGINNER

Come and practice with us to calm the mind, release stress
and touch your true happiness inside.

Time : Every Saturday afternoon
From 14h to 16h

Venue : Zenith Yoga Studio II & Café: 62 Ly Thuong Kiet, Hoan Kiem, Ha Noi

Fee : As we receive the practice from life, we wish to share it free for everyone. If you want to support us on this journey,
all ideas, help or donation are welcome


MEDITATION · VEGAN · ORGANIC
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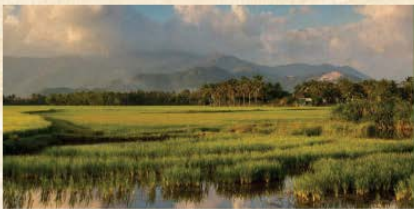
Nguyen Van Ha
Founder, Project manager

Ha first came to meditation in 2012, and enhanced her practice under guiding of Zen Master Thich Minh Niem - author of the book "Knowing the heart" and teacher at Ban Hoa Anh Dao "A community project for nurturing the soul and life skills training" from March 2015 to January 2016. Since March 2016, Ha decided to continue the journey as her Master's continuation and has dedicated herself to sharing with community values of meditation and how to bring it to daily life.

*"Awaken awareness,
spread inner peace."*



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Our mission:

Dong Xanh is a social enterprise situated at a tranquil space in the heart of Hanoi City. We are dedicated to creating a healthy, nourishing community where people can learn the art of meditation and bring the practice into daily life. By sharing and guiding each individual on the journey of discovering oneself, we plant the seeds of love and understanding in one's heart so that they could lead their life in a happier way.

Our values:

At Dong Xanh, community members live and work together as one family, being guided by four core values:

Simplicity:

We find creative approaches to make the practice solid, simple and accessible to everyone.

Sustainability:

We live in harmony with nature and commit to our customers and members' development.

Wisdom and compassion:

We vow to lead a life of love and understanding to show our gratitude towards life and its people.



Our activities:

Organic Vegetarian Restaurant:

We in Dong Xanh have chosen food as our starting point since it is the very first approach we connect to ourselves, to nature and honor all of life. By use of pure organic ingredients, eco-friendly products, along with the art of cooking, serving, eating in mindfulness, we wholeheartedly bring to our customers a healthy, joyful dining experience and natural way of living.

Other natural products:



Basic meditation session for beginners (SitZMeet) :

At Dong Xanh, we bring the practice into all our daily activities, training ourselves to live in awareness throughout the day: while working, serving, eating or enjoying a cup of tea together. We believe that true happiness does not come from without but within and meditation is the doorway to connect with this source. Hence, in each session, we provide beginners with basic teachings from our respectful teachers and enable them to practice on their own. We subscribe to no specific religions because we trust that meditation is not a unique path for only spiritual seekers but it is a better way of living for everyone.

Eco & Humanities Tourism :

As sustainability lies at the heart of our community, we remind ourselves each day we are not separate from Nature but merely one part among others. We dedicate to spreading this message by bringing our customers to beautiful and quiet places far away from hustle-bustle city. Moreover, they are able to enhance their mindfulness practice through various forms of meditation: walking with Mother Earth, eating and sitting in silence. We believe that when one is more in touch with Nature, one will be closer to one's true happiness.