



2011

*The Year of Living Mindfully!*

## TOOLS for MINDFUL LIVING RETREAT

Friday March 4 – Sunday March 6

***You are invited...***

To give yourself the gift of discovering and deepening mindfulness practice; of quieting your mind and reawakening stillness and connection with yourself. In our hectic, over-scheduled lives, it is hard to find oases of tranquility to restore and rejuvenate. Allow the peaceful nature of this beautiful retreat center, surrounded by meadows, woods and wetlands to support you to step out of the distractions and responsibilities of your everyday life and taste the experience of "just being."

***Retreat Includes*** – Guided instruction in mindfulness practices of sitting meditation, walking meditation, mindful eating, mindful movement and body awareness. Silent practice periods and personal time for self-reflection and exploration in nature. Interactive group discussion, and a focus on establishing and maintaining a mindfulness practice. Anyone wanting to integrate mindful awareness in their life is welcome – beginning and experienced meditators.

**LOCATION**– Aldermarsh Retreat Center, S. Whidbey Island

**COST** – \$395 includes retreat, lodging & healthy, nutritious meals.

(\$375 –Early registration– if received by February 1)

\$315– Non-residential retreat–includes retreat & meals

### REGISTRATION & INFORMATION

[www.mindful-therapy.net](http://www.mindful-therapy.net)

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*Finding Tranquility–Guided Mindfulness Meditations for Stressful Times.*