

The Mindfulness Centre

presents



Date:

Saturday
May 26, 2018

Time:

10:00am – 5:00pm

Location:

The Mindfulness Centre
Suite 407

Cost:

\$150

To Enroll:

Please email us for
further instructions.

Silent Retreat

A DAY IN SILENCE,
FAR FROM LIFE'S USUAL BUSINESS

with

Marlene Van Esch, MSW; Jennifer Stone, BA, MSc

Immerse yourself into the vast spaciousness of Being:

You will have arranged your day in advance, so that for the duration of the retreat no one can reach you, no business needs to be attended to, and you don't need to speak to anyone.

After an introductory orientation, and under the guidance of an experienced teacher, you will have the rare opportunity to be with yourself in silence in the presence of like-minded fellow travellers for an extended period of time. You will penetrate the depths of each present moment and the energy flow that you are, in ways you would have never anticipated before. There will be a debriefing opportunity at the end of the retreat.

Participants will:

- *experience* an extended period of silence as the teacher guides the group through a series of different meditation practices,
- *cultivate* deep, penetrating moment-to-moment awareness and the creative wide open spaciousness that flows from it,
- *learn* patience and staying power to improve wellbeing and reduce stress, and
- *develop* resilience to feel more stable in everyday life.

Who Should Attend:

Anyone with prior meditation experience.

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