

# Mini Retreat into Joy.



## Half Day Retreat with Éowyn Ahlstrom

**Saturday August 30**

**1:30-5:30pm ET**

**Sun Studio, Florence MA**

**Suggested donation: \$20-45 registration + teacher donation.** (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)\*

**Join Éowyn Ahlstrom for an enriching afternoon retreat rooted in vipassana and loving-kindness practices**, with the added uplifting element of a mindful movement practice. **This mini-retreat offers a blend of guided meditations, gentle mindful movement, and community reflections.** It is designed to help us cultivate a sense of lightness, connectedness, and joy by turning towards our wisest intentions.

Through a series of simple yet profound practices, participants will be invited to:

- Pause to **refresh the well of energy that makes up body and mind.**
- Step away from everyday concerns to **make this afternoon a refuge for gathering strength and calm.**
- **Explore wholesome, gentle ways of moving the body to support ease and embodied awareness.**
- **Engage in silent and guided meditations**, deepening presence and mindfulness.
- Connect in **small-group conversation**, reflecting on how to bring more joy into daily life, even in difficult situations.

**Suitable for newcomers and seasoned practitioners alike, this retreat emphasizes invitational, inclusive practice.** All are welcome, regardless of experience or means.

\*Everyone is welcome at all of our offerings, regardless of ability to donate.

Insight Meditation Community of Western Massachusetts  
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