

Mindfulness Retreat Weekend

For Organizations and Individuals

Learn How to:

Reduce stress and anxiety
Cultivate a healthy lifestyle
Promote team building

When:

March 24 - 26, 2017
Friday 5:00pm - 7:30pm
Saturday 8:00am - 5:30pm
Sunday 8:00am - 3:30pm

Using Mindfulness modules we learn to focus using our senses versus our "thinking" mind. Alternating between periods of silence and movement gradually the self-awareness develops to recognize subtle changes in body signals. As the practice and discipline is increased the ability to recognize and de-escalate stress triggers is enhanced. This can be applied to the way we eat, move, are aware of our nature environment, speak and most importantly breathe. Whether a seasoned practitioner or novice this weekend immersion will be of great value. Being held in a setting where the participant returns home each day, the ability to develop the practice in ones familiar environment is more enhanced. Also included are classes in Mindfulness and the Arts (dance, drum, meditation) as well as Yoga.

Meet the Instructors:

Maury Wise Cooke



Introduced to the practice of meditation 30 years ago, Maury is well versed in Ayurvedic medicine. He has extensive training in therapeutic yoga with a focus on the healing power of the breathe. He basis his teachings on

these principles to show the art of self-healing for anxiety, depression and weight control.

Charisse Minerva



With an extensive background in education, Charisse works with students K-12 through college, educators, and therapy workers. She teaches methods to reduce stress, enhance academics and support team building. She also works

with performance and sports groups in the use of mindfulness to strengthen performance.

Pricing:

\$160 if paid in advance (\$200 at the door)

Call for group rates

Catered lunch optional | Limited space available



sattvic space