

Winter Retreat

A Day of Mindfulness & Silent Meditation



We invite you to ring in the New Year with a day of practice.

Join us for a quiet day of guided mindful sitting, movement, and eating meditations.

Suitable for beginning and experienced meditators.

Saturday, January 13th 2018

10:00am - 4:00pm

Dawn Farm

Facilitated by Ann Arbor Center for Mindfulness Teachers.

Registration is Required

Space is limited! Please RSVP by Friday, January 5th

Registration \$40.00*; snacks & tea included.

This event is a fundraiser for AACFM scholarships. All proceeds beyond rental fees and food will go directly to AACFM.

All meditation teachers are volunteering for this event.

Info & Registration: www.aacfm.org or call: 734-926-9525

***Limited scholarships available**