

# 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.

\$10 for vegetarian box lunch or bring your own lunch.

This is a fundraiser for AACFM. All proceeds beyond rent and food go directly to AACFM.

All meditation facilitators are volunteering for this event.

**Info & Registration: [www.aacfm.org](http://www.aacfm.org) or call: 734-926-9525**

\*Some scholarships available