



## June Meditation Retreat A Day of Mindfulness & Silent Meditation



We invite you to a day of silent practice. Join us for lightly facilitated mindful sitting and movement.

This retreat is suitable for those with previous meditation experience

## Sunday, June 3<sup>rd</sup> 2018 10:00am - 4:00pm Michigan Friend's Center in Chelsea

Facilitated by Ann Arbor Center for Mindfulness Teachers.

Registration is Required Space is limited! Please RSVP by Friday, May 18th Registration \$40.00\*; snacks & tea included. (BYOL: Bring Your Own Lunch) This event is a fundraiser for AACFM scholarships. All meditation teachers are volunteering for this event. Info & Registration: www.aacfm.org or call: 734-276-7707

\*Limited scholarships available

The Ann Arbor Center for Mindfulness is a group of teachers of mindfulness-based interventions and psychotherapists who use mindfulness in their work with clients. We teach classes in mindfulness-based interventions, lead drop-in meditation sessions, organize workshops and retreats, provide presentations on mindfulness and resources for its cultivation, and support each other's teaching and personal mindfulness practice. © 2018 AACFM