

# 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](http://www.aacfm.org) or call: 734-276-7707**

\*Limited scholarships available