



ann arbor

center for mindfulness



## Trauma-Informed Mindfulness Workshop and All-Day Retreat with Trish Magyari

**Workshop: October 20, 2018, 9am-4pm, Pierpont Commons  
UM North Campus, Ann Arbor**

**Retreat: October 21, 2018, 9am-4pm, Dawn Farm Barn, Ypsilanti**

**Trish Magyari, MS, CGC, MS, LCPC, NCC, RYT-200** is a mindfulness and compassion-based psychotherapist, Certified MBSR teacher/researcher/retreat leader, Insight Meditation Teacher, LifeForce yoga practitioner based in Baltimore, MD, specializing in trauma, adaptation to illness, disability, and loss.

### **Workshop:**

This workshop will describe the theory, evidence, and strategies for using mindfulness and self-compassion to cope and recover from experiences of trauma. This program is designed for both mental health professionals, as well as those who have experienced trauma and want to engage with a healing meditative path that fosters wisdom and self-compassion. The workshop will include didactic and experiential learning opportunities.

### **Retreat:**

The day after the workshop, Trish will offer a day-long retreat focused on practicing trauma-informed mindfulness and self-compassion meditations, drawn from both Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC) courses. This is a day to explore a variety of meditations, including mindful movement, and to rest in the safety of a welcoming and compassionate group.

CEs pending for mental health professionals.

**Register at Events page  
of**

**Ann Arbor Center for Mindfulness**  
<http://www.aacfm.org/events/>

### **Fees:**

#### **Workshop:**

Early bird (2 weeks before, by 10/5): \$150

Regular: \$175

Student rate: \$100

#### **Retreat:**

Early Bird (by 10/5): \$60

Regular: \$75

Student rate: \$60