

Summer 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

Saturday, August 10th 2019

10:00am - 4:00pm

Dawn Farm Barn

Facilitated by Ann Arbor Center for Mindfulness Teachers.

Registration is Required

Space is limited! Please RSVP by Friday, July 12th

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