



## 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 10<sup>th</sup> 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

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. © 2019 AACFM