

Winter Retreat

A Day of Mindfulness & Silent Meditation



We invite you to ring in the New Year with a day of practice.

Join us for a quiet day of guided meditations, including mindful sitting, movement, and eating. Give yourself a gift for the New Year! Suitable for beginning and experienced meditators.

Saturday, January 11, 2020 10:00am - 4:00pm Dawn Farm

Facilitated by Ann Arbor Center for Mindfulness Teachers
Registration is Required

Space is limited! Please RSVP by Friday, January 5th

Registration \$50.00*, vegetarian lunch, snacks & tea included.

This is a fundraiser for AACFM. All proceeds beyond facility rental and food go directly to AACFM.

All meditation facilitators are volunteering for this event.

Info & Registration: www.aacfm.org or call: 734-926-9525

*Some 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. © 2017 AACFM