

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*