

SHRINE MONT

SEPTEMBER 24 - 26, 2021

MINDFULNESS MEDITATION

Double Occupancy Rate \$310

Single Occupancy Rate \$360

Rate includes 2 nights lodging, 6 meals, and instruction

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without judgment and with kindness.

Mindfulness itself is secular and can be partner with any religion or none. In this weekend we will experience both formal and informal practice including sitting and walking.

Research shows that mindfulness meditation decreases stress in the body and increases quality of life.

Brenda Burgner will be our instructor for the weekend. She is a Licensed Clinical Social Worker, Fellow and trainer in the Bonny Method of Guided Imagery and Music and meditation instructor. She combines her thirty years of clinical experience to help people awaken to their own strengths and inner resources.

HIGHLIGHTS INCLUDE:

- Teaching and Practice of mindfulness
Guided Imagery and Music
- Guided Hike
- Campfire
- Good Food and Fellowship



FOR MORE INFORMATION CONTACT SHRINE MONT
RESERVATIONS@SHRINEMONT.COM / 540 856-2141 OR VISIT OUR WEBSITE
WWW.SHRINEMONT.COM