

# Mindfulness Meditation



## PROVEN SCIENTIFIC BENEFITS TO MINDFULNESS MEDITATION

Mindfulness Meditation Decreases  
Stress, Anxiety, Depression, Length of  
Illness, Impatience, Blood Pressure

Mindfulness Meditation Increases  
Memory, Tolerance, Self-Awareness, Goal  
Setting, Empathy, Health, Learning

### *Add On Experience*

- Mindfulness Lecture (\$20 total) 30 minutes of instructive information about the core aspects of Mindfulness.
- Beverage Station (\$1 per person): Keurig with coffee and tea pods, water kettle, a variety of hot tea bags, Water Jug, creamer, sugar, stirrers, and cups.
- Lunch (\$15 per person) Includes plates, utensils, and napkins  
Choice of 2 Sliders, 1 Side, Salad, and a Cookie.  
Hot Slider Options: Ham & Swiss, Chicken Pesto, Cheese  
Cold Slider Options: Tuna Salad, Chicken salad  
Side Options: Green beans, roasted potatoes, corn, chips  
Spinach Salad with seasonal fruit, feta, almonds, dried cranberries, and a raspberry vinaigrette.
- We can customize meals and snacks to enhance your experience. Custom meals are priced individually
- Small Animal Therapy (\$100 total) Enjoy the therapeutic nature of our miniature animals by spending 30 minutes of one on one time with our pygmy goats, bunnies, miniature horse, and miniature pot belly pig.
- Additional Time (\$50 an hour). This time can be planned or it can be used to enjoy the farm. Events must conclude by 5 PM.

## *Silent Mindfulness Meditation Retreat*

Max Capacity of 12 participants per day  
Start Time: 9:30 AM (90 minutes)  
Tuesday, Thursday, and Saturday  
Cost: \$200 per group of 12 or less  
Optional silent nature walk starts at 8:45 AM

You will be guided through exercises designed to relax and connect your body and mind. Experience inner calm and take time to discover your true self. This gentle experience is designed to give you peace, joy, and stress relief.

Please Call 573-999-3381 to set up a

*Silent Mindfulness Meditation Retreat*  
*Glenn Acres Farm*

or email us at

[glennacresfarm@gmail.com](mailto:glennacresfarm@gmail.com)

Website: [www.glennacresfarm.com](http://www.glennacresfarm.com)