

START THE HOLIDAY SEASON WITH
HEALTHY PRACTICES

Day Long Mindfulness & Personal Development Retreat



The retreat will be facilitated by Michael Kane, SEP. Michael is the founder and facilitator of the Natural Meditation Community and has been for the past 19 years. He is also a Personal Development coach and a Somatic Therapist specializing in shock and developmental trauma.

Start the holiday season off right! Join us at the lovely UU in Ormond Beach for a rejuvenating one-day Mindfulness & Personal Development Retreat, where you'll reconnect with yourself through a blend of guided mindfulness meditation, sound therapy, mindful movement, Metta (loving-kindness) meditation, and natural meditation. This retreat offers community and a safe and supportive space to explore inner stillness, foster personal growth, and nourish body, mind and spirit. Throughout the day, we will cultivate presence and self-awareness, deepening our practice with two enriching periods of group dialogue.

We'll also share a delicious vegetarian potluck lunch, creating a sense of community and connection. So bring your favorite dish to share with the group, please bring your own drink.

Cost of retreat will be \$10 which covers the cost of renting the space. You are also invited to offer dana (donations) to the teacher. Suggested donation \$25 to \$75.

Whether you're new to mindfulness or looking to deepen your practice, this retreat is a perfect opportunity to pause, reflect, and reset. Questions: Email Michael at mk@naturalbodhi.com

SATURDAY OCT 24TH, 10AM TO 4:30PM

EMAIL mk@naturalbodhi.com TO SIGN UP NOW!
Limited spots available.



Ormond UU, 56 N. Halifax Dr Ormond Bch FL 32176

PDF Flyer