



CCS B FIT MINDFULNESS RETREAT

November 22 - 24, 2019

Paris, ON

A CENTRE FOR
**CONSCIOUS
CARE**

COMMUNITY LIVING
Windsor
Inspiring Possibilities

An Invitation to Attend A B-FIT Mindfulness Weekend Retreat Facilitated by Peter Marks

Date and Time **Friday November 22, 2019 at 6:00 p.m.** (Check-in and Registration)
to
Sunday November 24, 2019 at 12:00 p.m.

Location Five Oaks Education and Retreat Centre Paris, ON

B-FIT Mindfulness Cultivates the skills of Concentration, Calm, Sensory Clarity and Compassion;

Immunizes against the 4 Outs – Burn-out, Freak-out, Tune-out and Space-out;

Is a secular meditation practice that results in becoming a more caring and happy person, partner, parent, adult child, and/or professional.

Facilitator Peter Marks
Highlights of Peter's Related Experience

- An International Mindfulness Facilitator in Canada, USA and Mexico since 1993;
- Trained over 10,000 individuals.



About this Retreat

- Developed for Beginners but suitable for all skills' levels; 'Retreat Talking' – i.e. discussions about the practice etc. with an option for 'Retreat' Silence – i.e. silent except for necessary talking;
- All meals in silence;
- Group Learning Activities
 - Instruction – How To-s
 - Mindful Practice Sessions (25 minutes) of sitting, standing, walking and mindful movement (reference attached schedule).

Costs Costs are for a Room, Food and Common Facilities only

Dāna While there is no cost for the facilitator, participants are encouraged to make a small anonymous donation to VSI (not for profit).

Rate per Person **\$265 (including taxes)**
Rate is based on double occupancy including meals and facilities charges. Single occupancy is not available.



*The focusing power of your mind is the single
most important tool that you have in this life.*

-Shinzen Young

Dear Potential Guest,

At this time, this notice is by invitation only as there is limited capacity (40) for our 2019 retreat. If you or a friend/family member(s) are interested and available, please email me at adriana@clwindsor.org to reserve your space(s). I will then obtain your information for registration and will contact you by phone to obtain your credit card information to gather payment (\$100 minimum for the deposit). Registration will be given on a first come basis so please register as soon as possible to ensure your space is reserved. As always, if you have any questions, please don't hesitate to reach out.

With gratitude,

Adriana McVicker

RETREAT SCHEDULE

Day	Time	Activity
Friday	6:00 p.m. to 7:30 p.m.	Welcome, Registration and Check-in
	7:30 p.m. to 9:30 p.m.	Retreat Overview • Introduction Facilitators • Volunteer Help • Resources/CD use etc. • Talk – Mindfulness – “The Big Picture” • Instructions for Sitting, Walking and Standing Mindfulness Practice • Sitting/Standing Mindfulness Practice
Saturday	6:00 a.m.	Wake-up
	7:00 a.m. to 8:00 a.m.	Guided Mindful Movement and Breathing
	8:00 a.m. to 8:25 a.m.	Guided Sitting/Standing Mindfulness Practice
	8:30 a.m. to 9:45 a.m.	Breakfast
	9:45 a.m. to 10:30 a.m.	Group Learning Process – “The 4 Tools of Mindfulness”
	10:30 a.m. to 10:55 a.m.	Guided Sitting/Standing Mindfulness Practice
	11:00 a.m. to 11:25 a.m.	Walking or Sitting/Standing Mindfulness Practice
	11:30 a.m. to 11:55 a.m.	Guided Sitting/Standing Mindfulness Practice
	12:00 p.m. to 12:30 p.m.	Group Learning Process – “Look, Listen, Lock” /Full Field Focus – less ‘I’
	12:30 p.m. to 2:30 p.m.	Lunch – Rest/Nature Walk/Resource Centre
	2:30 p.m. to 2:55 p.m.	Guided Sitting/Standing Mindfulness Practice
	3:00 p.m. to 3:25 p.m.	Walking or Sitting/Standing Mindfulness Practice
	3:30 p.m. to 3:55 p.m.	Guided Sitting/Standing Mindfulness Practice – Stress Rehearsal and Compassion Practice
	4:00 p.m. to 4:25 p.m.	Group Learning Process – “Preventing Emotional Hijacks”
	4:30 p.m. to 4:55 p.m.	Sitting/Standing Mindfulness Practice
	5:00 p.m. to 7:00 p.m.	Dinner/Resource Centre/ Rest
	7:00 p.m. to 7:55 p.m.	Group Learning Process – “Pain is Inevitable, Suffering is Optional”
	8:00 p.m. to 8:25 p.m.	Sitting, Standing Mindfulness Practice (no guidance)
	8:30 p.m. to 10:00 p.m.	Mindful Drumming Circle led by an Indigenous Elder

Day	Time	Activity
Sunday	6:00 a.m.	Wake-up
	7:00 a.m. to 8:00 a.m.	Guided Mindful Movement and Breathing
	8:00 a.m. to 8:45 a.m.	Walking or Sitting/Standing Mindfulness Practice
	8:45 a.m. to 9:00 a.m.	Guided Sitting/Standing Mindfulness Practice – Pain Clinic
	9:00 a.m. to 9:45 a.m.	Q and A
	9:45 a.m. to 10:15 a.m.	Breakfast
	10:15 a.m. – 10:30 a.m.	Check Out of Rooms
	10:30 a.m. to 11:00 a.m.	Sitting/Standing Mindfulness Practice
	11:00 a.m. to 12:00 p.m.	Retreat Closing Exercise/ Q & A/ Optional Sharing

*May I and all beings be filled with loving kindness.
 May I and all beings be safe from inner and outer dangers.
 May I and all beings be well in body and mind.
 May I and all beings be happy and free.*

-Jack Kornfield