

TAKING REFUGE:

*Cultivating Unconditional
Friendship with Oneself*

**A ONE-DAY MEDITATION RETREAT
WITH JERE FRIEDMAN AND
LAURIE KEIG-MORRELL**



**SATURDAY, FEBRUARY 2ND
9:30AM - 4:30PM IN BLDG. B
\$99 BY JAN. 25TH, \$145 AFTER**

Jere Friedman and Laurie Keig-Morrell invite you to take refuge from your daily demands and stresses by relaxing and treating yourself to this one-day retreat.

You and others will have the opportunity to set the tone for the new year by exploring the theme of self-compassion through meditation and mindfulness, dharma talks, sound healing, and yoga.

DISCUSSION TOPICS AND ACTIVITIES WILL INCLUDE:

- Instruction, discussion, and experience with a wide variety of meditation processes that cultivate self-compassion, loving-kindness for oneself and others, gratitude, and inner peace
- Exploring how cultivating self-compassion enhances our inner and outer life experience, enriches our connection with ourselves and others, and promotes enhanced relationships
- Ways we can “nourish” ourselves for a more fulfilling life experience
- Gentle yoga with Laurie, and Gongbath with Jere

Please note that lunch is not included. Bring your own lunch to enjoy during a special meal break in community as part of the experience!

**For more information or to register,
please call or go online today!**

480.207.6016 AMINDFULNESSLIFECENTER.COM

Make sure to register early to receive the early-bird discount!


A Mindfulness Life™
CENTER

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