

# Retreats



## Guided Retreats

### How Does a Guided Retreat Work?

A retreat provides an opportunity and a caring space for undertaking guided meditation, like an immersion course in a language. Meditation retreats offer practical instruction for the various mindfulness meditations in a shared community setting. Participants can reflect in practice and share experience connecting with others in the group.

Since ancient times all wise cultures have known the value of retreat. Time in retreat allows us to step out of the complexity of life, to listen deeply to our bodies, heart and mind. It is an opportunity to be with yourself, within a group setting,

allowing awareness to expand, the body to quiet, the mind to clear, and an opening for insight to develop. Self-knowledge and understanding can grow as we see that we can live each moment with attention, clarity, and kindness.

If you want to stay informed of retreat opportunities, please let us know.

