

Mindfulness in the Labyrinth: A Walking Meditation retreat

Schedule of Retreat

Mindfulness: creating an intention to well-being, paying attention to what is in this moment and approaching what is with an attitude of curiosity and openness.

Thursday June 20th, 2024

10:00 am – Arrive and Register

10:30-11:30 pm – Introduction to Mindfulness Skills for Wellbeing.

12:00 pm – lunch

1:00-2:00pm Introduction to Labyrinth & Walking Meditation

2:00-4:00pm - Open Time – rest, walk, journal, art table....

4:00- 4:45 pm – Mindfulness Skills for Wellbeing Part 2

5:00pm - Supper

6:30 pm – Labyrinth Walk (weather permitting) or Indoor Canvas Labyrinth

Friday, June 21st 2024

8:00 am – Breakfast

9:30-10:15 am – Guided Mindfulness Sitting Meditation

10:45 -11:45 am – Walking Meditation – Earth Labyrinth

12:00pm - Lunch and Closing

Create the Path by Walking

PS. Welcome to stay for a Solstice event at 6pm- see web notice for more information.