

September 6-9 2018

“Mindfulness is much more than present moment awareness, mindfulness includes and facilitates the cultivation of concentration, wisdom, and the ability to make healthy choices that foster genuine happiness and a meaningful life.”

- John Bruna



MINDFUL LIFE RETREAT

Join us for a mindfulness retreat guided by mindfulness teachers John Bruna and Laura Bartels. The Mindful Life retreat combines the practice of meditation and the practical application of mindfulness in daily life. Living mindfully empowers you to live your life with attention and intention, cultivating the skills to make healthy choices that are in alignment with your values and are meaningful to you. This retreat will provide you with mindfulness tools to help you reduce stress and increase inner peace, resiliency and well-being.

The retreat will include periods of silence, meditation, discussion, and journaling. We recommend reading *The Wisdom of a Meaningful Life: The Essence of Mindfulness* prior to the retreat.

facilitated by

John Bruna and Laura Bartels

John Bruna, author of *The Wisdom of a Meaningful Life: The Essence of Mindfulness*, is a counselor, educator, mindfulness and Dharma teacher. He is the co-founder of the Mindful Life Program and director of the Way of Compassion Foundation.

Laura Bartels is the Executive Director of the Mindful Life Program. Laura is a certified mindfulness teacher with a background that includes teaching in public schools, universities, non-profits and for professional groups and as a public speaker and presenter.

REGISTRATION: MINDFUL LIFE RETREAT
FACILITATOR: John Bruna and Laura Bartels
BEGINS: Thursday, September 6 (check-in from 3:00 pm to 6:00pm) Dinner @6:15pm
ENDS: Sunday, September 9 (after lunch at 12:00 noon)
COST: \$275 resident/\$215 commuter (\$75 non-refundable deposit required)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____
_____ Visa _____ Mastercard Exp. Date _____

Please select: \$275 resident (\$75 non-refundable deposit) \$215 commuter (\$75 non-refundable deposit)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019
You may also call with a credit card number or register online at www.mercycenter.org