

Day-Long Mindfulness Retreats

with Sarah Manchester

Saturday, January 12

Saturday, March 23

Saturday, May 18

9 am to 5 pm

Take time and gift yourself a day of mindfulness!

- Learn why it is important to meditate
- Learn mindfulness meditation or enhance your existing practice
- Take meditative walks on exquisite trails
- Enjoy a delicious meal (lunch provided)
- Write, collage, draw, and contemplate (art materials provided)
- Spend time in reflection and discussion

Cost is \$75.00 for one day,
or register for
all **3 days for \$180.00**

For more information and to register, **contact Sarah** at sarahmanchestertherapy@gmail.com

This retreat is lead by Sarah Manchester. Sarah is a student of The Dzogchen Ponlop Rinpoche and a senior student in the Tibetan Buddhist lineage.

