

Corewell Health Center for Mindfulness

Mindfulness Meditation Retreat: Living With Your Heart Wide Open

This traditional mindfulness meditation retreat will offer silent periods of sitting and walking meditation, mindful yoga, and times for practice discussions.

October 13-19, 2024

Columbiere Center, Clarkston Michigan

What: Each day there will be a talk and systematic meditation instructions on the four foundations of mindfulness that are imbued with lovingkindness. These teachings and practices will emphasize quieting the mind, opening the heart, and developing clarity, wisdom, and compassion; and foster the depth of practice.

Who: This in-person, residential retreat is suitable for anyone wishing to deepen their practice and cultivate further understanding of mindfulness meditation. It may also be of interest to those teaching or aspiring to teach mindfulness in a variety of settings.

Note: Participation fulfills part of the retreat requirements for MBSR teacher training.

Teachers: Bob Stahl, PhD; Jan Landry BSN, MA;

