

Beaumont Center for Mindfulness

SILENT MEDITATION RETREAT

Led by internationally renowned teacher **Christiane Wolf M.D., Ph.D.**

April 8-10 or April 8-13, 2019

Columbiere Retreat Center in Clarkston, MI

April 8-10 \$550 by Feb. 1; \$600 thereafter

April 8-13 \$850 by Feb. 1; \$900 thereafter

Price includes single room with shared bath and all meals (vegetarian).

Open to all adults. No pre-requisites.

This retreat fulfills the MBSR Teacher training requirement for a 5-day silent retreat.

TO REGISTER, VISIT classes.beaumont.org or call 800-633-7377

QUESTIONS? EMAIL CenterForMindfulness@beaumont.org



Beaumont