

Bringing in the Light: A Silent Mindfulness-Based Retreat

Led by renowned teacher Éowyn Ahlstrom, M.Ed

Dec. 27, 2019 to Jan. 3, 2020

Columbiere Retreat Center in Clarkston, Michigan

Three options available:

Dec. 27 to 29 (2 nights) \$600

Dec. 27 to Jan. 1 (5 nights) \$900

Dec. 27 to Jan. 3 (7 nights) \$1,200

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

100% refund if cancelling before Nov. 1. 50% refund if cancelling Nov. 1 – Dec. 1. No refunds after Dec. 1.

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

TO REGISTER, VISIT: Classes.Beaumont.org

QUESTIONS? EMAIL: CenterForMindfulness@beaumont.org



Beaumont

About the retreat

This will include a full daily schedule of sitting and walking practice, lying down and standing meditation, daily mindful hatha yoga and evening talks. This is a silent retreat, which means the intention is to make a full-on commitment to be present. Self-care is supported and encouraged.

About the teacher

Éowyn Ahlstrom, M.Ed., a teacher at the Mindfulness Center at Brown University, leads programs in mindfulness and yoga and sees students privately for individual guidance. She is a Certified Mindfulness-Based Stress Reduction Teacher, holds the highest registry mark obtainable for yoga teachers from the Yoga Alliance and is a certified massage therapist with years of experience. Embodying mindfulness, and teaching others how to do the same, is the heart of her practice and work. For the past ten years, Éowyn has often taught yoga for retreats at the Insight Meditation Society. In the last five years, she has been leading silent mindfulness retreats co-sponsored by the UMass Center for Mindfulness. She received a master's degree from the American College of Education, where she studied health and wellness.



Draft of Schedule, subject to change

5:30 a.m.	Optional Sitting Meditation
6:00 a.m.	Wake Up
6:45 a.m.	Sitting Meditation
7:30 a.m.	Breakfast
8:15 a.m.	Mindful Work Period
8:45 a.m.	Sitting Meditation and Instructions
9:45 a.m.	Morning Practice Period - Alternate Sitting, Walking, Standing. Yoga and Reclining
11:15 a.m.	Sitting Meditation
12:00 p.m.	Lunch
2:15 p.m.	Guided Sitting Meditation
3:00 p.m.	Walking Meditation
3:45 p.m.	Sitting Meditation
4:15 p.m.	Guided Mindful Yoga
5:00 p.m.	Sitting Meditation
5:30 p.m.	Dinner
6:30 p.m.	Walking Meditation or Other Form of Independent Practice
7:00 p.m.	Teachings and Reflections on Practice
7:45p.m.	Walking Meditation or Self-Guided Stretch
8:30 p.m.	Sitting Meditation
9:15 p.m.	Rest or Further Practice as you see fit

Columbiere Retreat Center, beautiful outdoor grounds

