

Mindfulness: It's Not What You Think

Saturday, March 3, 9:30am-3:30pm

Beginning the path of mindful meditation is an ideal opportunity to live our lives with great patience, openness, and compassion.

The practice of mindfulness is a way of being more aware and alert to the flow of life – feeling more grounded in a quiet mind and open heart. The more we ‘wake up’, the more we live life from a deep place of innate wisdom. This awakening reduces our fear-based reactions and cultivates our natural ability to respond to life situations, others and ourselves with greater patience and understanding.

This retreat will be a very dynamic and practical experience where we can peel back the layers of self-deception to see things more clearly, as they truly are. Drawing from various insightful and contemplative traditions, we will learn the essential qualities of taking our meditation practice far beyond the cushion or chair, thus allowing us to remain fearless amidst the day-to-day flow of our lives. We will invite our hearts and minds to expand and radiate with compassion and intelligence.

The simple yet profound practice of mindful meditation, whether in a grocery line or talking with another, keeps you in an open and balanced place that makes our surrounding world better. (Lunch is included.)

 **\$95 Early Registration through February 13.**
(After 2/13, registration is \$125.)

About the facilitator...

Thomas Roberts, the author of “The Mindfulness Workbook: A Beginner’s Guide to Overcoming Fear and Embracing Compassion (New Harbinger Press, 2009),” Thomas presents at training sessions, workshops and retreats at local, regional and national levels. He is adjunct professor at Viterbo University in La Crosse, Wis., and St. Cloud State University in St. Cloud, Minn., where he teaches students mind-body healing, integrative medicine and a variety of other related topics. He also has an online course through PDR, Mindfulness: The Healing Power of Compassionate Presence, where his online class is ranked as a “best seller.”



PROGRAM
FACILITATORS



Thomas Roberts,
LCSW, LMFT