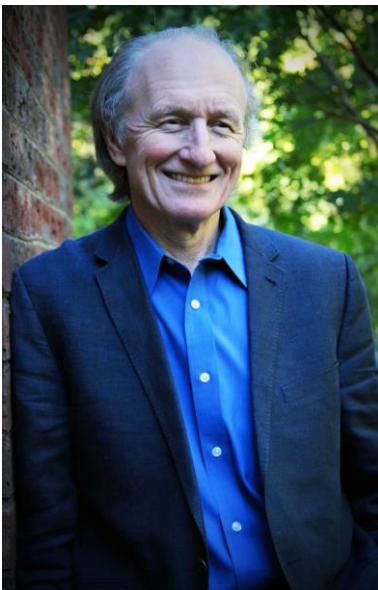


Summer Day-Long Retreat: Mindful Path to Habit Change

Sponsored by:
Insight Meditation Community
of Fredericksburg
www.meditatefred.com



Hugh Byrne, PhD, is a guiding teacher with the Insight Meditation Community of Washington (IMCW). He has practiced meditation for thirty years and taught mindfulness meditation since 2000. Hugh has a law degree from London University and a Ph.D. from UCLA, and has worked extensively in human rights and social justice. He is author of *The Here-and-Now Habit* and teaches classes and retreats in the United States and internationally.



Mindful Path to Habit Change

Led by Hugh Byrne

July 8, 2017

Habits form a key part of our lives: almost half of everything we do is habitual. In many cases this is helpful to us—brushing our teeth or putting on a seat belt. But almost all of us also have unhealthy habits that once formed can be difficult to change—because habitual behaviors are assigned to faster-acting, automatic brain processes. Mindfulness is a key to habit-change because it allows us to bring automatic actions into the light of awareness—it makes the invisible visible. We can then choose and make changes to align our thoughts, words, and actions with our deepest values and intentions.

This day-long retreat will include guided and silent meditations, practice of silent walking, lunch shared in silence, and a period for discussion and questions. Come join us as we investigate how to shine the light of mindfulness on our habit patterns.

The retreat is suitable for those new to forgiveness and meditation practices, as well as experienced meditators.

When: Saturday July 8th 9:00 am – 4:00 pm

Where: Unitarian Universalist Fellowship of Fredericksburg
25 Chalice Circle
Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. No one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register your name with an email to RetreatManager@meditatefred.com. We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.