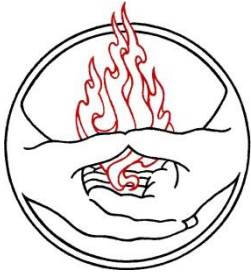


IMCF Summer Daylong Retreat

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



Steve Zappalla developed a deep appreciation for mindfulness and meditation during his transition from military to civilian life. Steve has participated in numerous extended retreats by leading spiritual teachers from various traditions. In 2013, he completed the Meditation Teacher Training Institute program under teachers Tara Brach, Jonathan Foust, Pat Coffey and Hugh Byrne. Since that time, Steve has been leading sanghas and retreats in Northern Virginia. He is a Licensed Professional Counselor (LPC), who focuses on military populations, addiction, and trauma. He is the father of six adult children and enjoys being a part of their lives.



Hardwiring Calm: Connecting to the Present Moment

Led by Steve Zappalla

July 21, 2018

We humans are hardwired with a bias towards the negatives in our lives. Our Flight-Fight-Freeze response is constantly scanning for threat and triggering anxious states of being. To communicate this bias, Rick Hansen, author *Hardwiring Happiness*, coined the phrase 'Velcro for the Negative, Teflon for the Positive.' By focusing on connecting with calm in the present moment, we can counter this innate bias. We will explore H.E.A.L.ing techniques to help us find calm in our lives and to cultivate stillness as a means of changing our habit patterns.

During the retreat, we will uncover and connect to the calm and peace that is already here. We will cultivate and discover the value of stillness to help us rest in the present moment. Practices and methods will be offered to help us to see clearly, to release patterns of holding, and to strengthen our connection to all of life. Through our mindfulness practice, we will learn to act and relate to the world around us in more skillful ways.

The retreat will include periods of sitting and walking meditation practice, teachings, mindful movement and time for discussion and questions. It is suitable for those new to meditation practices, as well as experienced meditators.

When: Saturday July 21st

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 online [here](#). 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.

