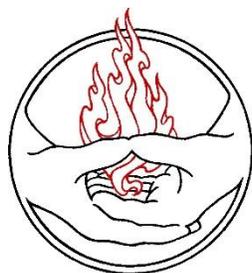


Day-Long Retreat: Mindfulness of the Body

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



Todd Drake, co-founder and teacher of Insight Meditation Community of Fredericksburg, has been studying and practicing mindfulness for over 15 years. His meditation practice is seated in the Theravada School of Buddhism. His personal training includes: The Power of Awareness Training, sponsored by the Awareness Training Institute, and Mindful Self-Compassion Intensive, sponsored by UC San Diego Center for Mindfulness. Todd has also attended numerous silent meditation retreats over the years, and is an ardent supporter of practicing mindful self-compassion.



Mindfulness of the Body

A Day-Long Silent Retreat with Todd Drake

April 25, 2020

Though our minds are usually drifting into the past or the future, which creates a sense of longing, the body is always right here, safely anchored in the present moment. The body is the home that we never leave, no matter where we may find ourselves in the world. The body is the vehicle which carries us “so gracefully through our lives.” When we let go of our thoughts and allow our awareness to settle into the body, whether we are sitting, walking, or lying down, we discover that we are truly present in the most natural way.

During this retreat we will focus on mindfulness of the body as a method of practice on and off the meditation seat. It will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday April 25th 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. However, no one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online at 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.