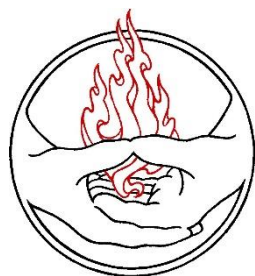


# Day-Long Retreat: Mindful Outdoor Experience

Sponsored by:  
Insight Meditation Community of  
Fredericksburg  
[www.meditatefred.com](http://www.meditatefred.com)



**Doug McCusker** received his certification as a Mindfulness Outdoor Guide from the Kripalu Yoga and Wellness Center under the tutelage of Micha Mortali. He has led numerous Mindful Outdoor Experiences around Fredericksburg, and at the Southeast Unitarian Universalist Summer Institute in Cullowhee, NC. Participants ranged from 1 to 80 years old. He has served as the settled minister of the Unitarian Universalist Fellowship of Fredericksburg since August 2015. He has led a prison ministry at the Coffeewood Correctional Center since 2016. He graduated with a Master of Divinity degree from Meadville Lombard Theological School in 2014 and was ordained in 2015.



## Mindful Outdoor Experience

A Day-Long Silent Retreat with Doug McCusker

April 27, 2024

Mindful Outdoor Experience (MOE) is a research-based framework for supporting healing and wellness through full-sensory immersion in forests and other natural environments. It is inspired by the Japanese practice of Shinrin-Yoku, which roughly translates to “forest bathing.” Studies have demonstrated a wide array of health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition. An MOE combines the healing practice of mindfulness meditation with Shinrin-Yoku to create a spiritually grounding connection with the forest community of beings. This can be done alone or as part of a community. It can take place in the forest, park, or one’s backyard.

During the retreat, we will engage with the forested environment of the St. Clair Brooks Memorial Park adjacent to the Unitarian Universalist Fellowship of Fredericksburg. We will form a connection with the land, flora, fauna, and fungi that constitutes an Interbeing community of which we are a part. We will experience forest time while synchronizing our internal clock to its natural rhythms. We will practice fox walking, owl vision, deer ears, and bear smelling as ways to expand our sensory awareness.

The retreat will include periods of guided meditation, breath work, embodied movement, silent walking, sit-spot meditation, communal sharing, and lunch. It is suitable for those new to meditation practice, as well as experienced meditators. As we will be spending extended time outdoors, bring outer garments suitable for the weather as well as something to sit on outside such as a waterproof cushion.

**When:** Saturday April 27<sup>th</sup> 9:00 am – 3:30 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 [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.