Day-Long Retreat: Self-Compassion

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 25 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.

Self-Compassion

A Day-Long Silent Retreat with Todd Drake

September 26, 2026

Self-compassion invites us to meet our suffering with the same kindness and understanding we would offer someone we deeply care about. In this retreat, we will explore how self-judgement, shame, and the belief that we are not enough can deepen our suffering, while compassion creates space for healing. Self-compassion does not excuse our mistakes or our avoiding responsibility; rather it gives us the courage to see ourselves honestly without adding unnecessary suffering. Through practice and reflection, we will explore how compassion toward ourselves can become a doorway to greater freedom, resilience, and compassion for others.

The retreat will include a talk on self-compassion, sitting and walking meditation, mindful movement, lunch in silence, and group discussion at the end of the retreat. This retreat is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday September 26th 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.