

## Touching the Moment: Indelible Presence

Mindfulness meditation—the art of "coming home to ourselves"—is both a method of restoring our connection to the vitality of our own life, and a way to develop presence for our work with others. This five-day residential rural group retreat, appropriate for beginning as well as experienced meditators, includes shamatha sitting meditation, contemplative movement practice, experiential dharma art, periods of silence, work practice, mindful eating, and outdoor walking meditation. Individual meditation instruction as well as daily lectures and discussion are included. Extra fees apply.

Course Number: CNST521

Unit: 2.0

Program: GRAD Transpersonal Coun