

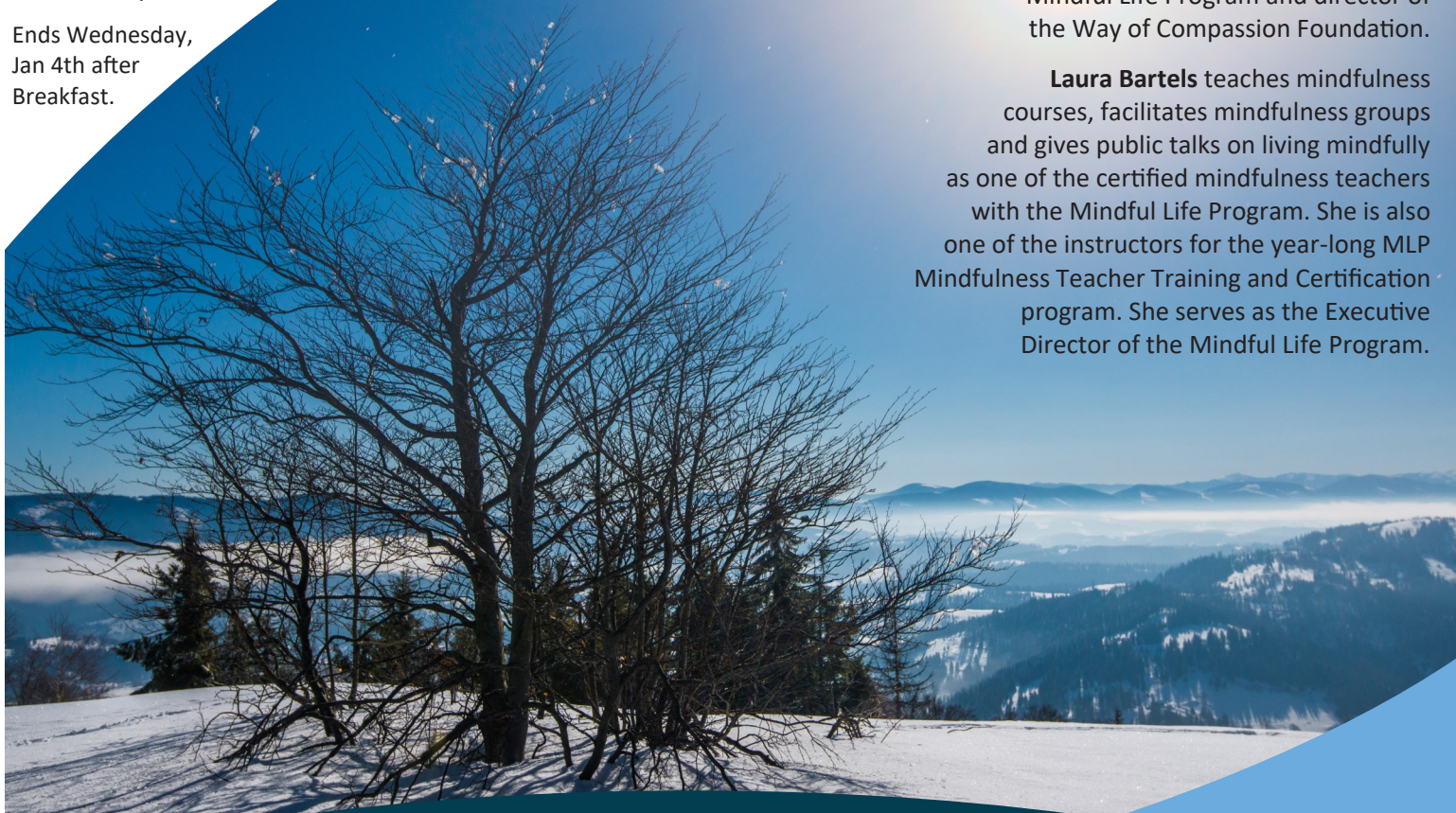
Silent Retreat January 1-4, 2023

Begins Sunday, Jan 1st
Registration: 3:00 to 5:00
Dinner: 5:15pm.

Ends Wednesday,
Jan 4th after
Breakfast.

John Bruna, author of *The Wisdom of a Meaningful Life: The Essence of Mindfulness*, is a counselor, educator, mindfulness and Dharma teacher. He is the co-founder of the Mindful Life Program and director of the Way of Compassion Foundation.

Laura Bartels teaches mindfulness courses, facilitates mindfulness groups and gives public talks on living mindfully as one of the certified mindfulness teachers with the Mindful Life Program. She is also one of the instructors for the year-long MLP Mindfulness Teacher Training and Certification program. She serves as the Executive Director of the Mindful Life Program.



A MINDFUL BEGINNING TO THE NEW YEAR

facilitated by

John Bruna and Laura Bartels

John Bruna and Laura Bartels will return to Mercy Center Auburn to guide this meditation retreat.

This silent retreat is dedicated to establishing and cultivating the foundational meditation practice of shamatha (*calm abiding*) meditation.

Shamatha is a universal practice that can be applied to any spiritual or religious practice and it enhances any other meditation practice by establishing mental and emotional balance. This retreat is beginner friendly and also deepens the practice for seasoned meditators. Our focus will be on developing the foundational methods and practices to sustain a meditation practice that is right for you. The days will include multiple short meditation sessions, quiet reflection time, guidance, and discussion in the group teachings.

NEW YEAR'S RETREAT

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____
____ Visa ____ Mastercard ____ Amex Exp. Date ____ CID ____

COST: \$315.00 (\$75 non-refundable deposit)

**Option to attend Year-End and New Year Retreat - \$550*



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ■ 530-887-2019
You may also call with a credit card number or register online at www.mercycenter.org