

Mindfulness-Based Stress Reduction

All-day Retreat

Saturday, April 30th
8:45am-4:00pm

[Schierman's Event Center](#)

3225 Robinson Park Rd., Moscow

(Schierman's is about 10 minutes southeast of downtown Moscow)

Please plan to arrive no later than 8:45am to allow time to get settled in. Wear loose and comfortable clothing. It's helpful to dress in layers so that you can adjust to external and internal temperature fluctuations. Also, we will have one outdoor walking meditation, so be dressed appropriately for that, too.

We will be doing virtually all of the practices that you did in the course (sitting meditations, lying-down meditations, yoga), as well as some walking meditations and an outdoor meditation. No one of the practices will be longer than 20-25 minutes and the retreat will be silent, except for the last hour, when we will discuss our experience together.

Be sure to **bring your own mats, padding and/or pillows.** You will need even more padding than you've needed at Fairfield Inn since we will be on **very** hard floors.

Lunch is provided. *There will be a vegetarian and vegan choices. I can provide gluten-free options, but will need a head-count, so let me know if you will need that or if you have any other needs.*