MBSR-style 5-day Silent Retreat in Florida!

Tuesday, December 27, 2016 - Sunday, January 1, 2017

Gainesville Retreat Center, Gainesville, FL

Deepen your practice in Sunny Florida! This 5-day silent, teacher-led retreat is for mindfulness practitioners such as Mindfulness-based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC) graduates, mindfulness teachers and teachers-in-training. This retreat will emphasize mindfulness and self-compassion, deepening our ability to be present with ourselves just as we are, with kindness and care. Retreat also fulfills a requirement for MBSR and MSC teacher training.

The all-inclusive fee includes:

- Teacher-led silent retreat with sitting and walking meditation, mindful movement/gentle yoga/gentle Qigong, body scan, and other mindfulness meditations from MBSR
- Five nights lodging in comfortable, climate controlled rooms with new beds
- Three wholesome meals a day for mindful eating; vegetarian, vegan and gluten-free options
- Exclusive use of a retreat center dedicated to meditation and silent practice
- 120 acres of tropical paradise to support your outdoor silent mindfulness practice
- Mindful listening to live contemplative and sacred music on New Year's Eve (last night)
- Daily sharing/inquiry sessions to increase your understanding and integration
- Individual sessions with the teacher to deepen your practice
- Additional days for self-retreat or R&R are available by booking directly with GRC

To register: Early bird all-inclusive fees are $700 (double) and $975 (single) and includes teachers fees, room, and all meals. Low cost option $650 for rustic cabin, your own tent or own RV. Fees increase by $100 after October 15, 2016. $400 deposit holds space until 11/30 when remainder is due. Refund minus $50 if you cancel before November 30th. More information and registration can be found at http://www.trishmagyari.com/retreatsworkshops and http://gainesvilleretreatcenter.com.

Led by: Trish Magyari, MS, LCPC, RYT-200, Certified MBSR teacher and mentor; MBCT and MSC teacher; Insight Meditation teacher; yoga teacher; and experienced retreat leader.
Assisted by: Nancy Lasseter, Ed.S., LMHC, Senior MBSR Instructor, Wellness Educator, UF Health - Integrative Medicine.

For more information or questions, contact Trish at trish@trishmagyari.com or 443-939-0232.