

Make Each Day Precious: A Journey Within Retreat

Theme: Focus on Using Acceptance and Surrender as an Antidote for Stress

Date: Wednesday, November 8th from 9:30 AM – 3:30

Location: Peggy Steffens House – 7002 N. Donatello Way

Cost: \$40.00

Description: Deepak Chopra tells us that **meditation doesn't take stress away, but helps us come from a different place with a different response.** This daylong mindfulness and meditation retreat will provide **quiet time in a peaceful environment to connect to your deepest self to help you respond differently to the stressors in life.**

Spending the day in **self-reflection** using **journaling** and other **tools**, you will focus on **living in the present moment** so you can make **conscious choices** when responding to **stress.** After the introductions and overview, you will **enter into silence** for the day, however, there will be many **mindful activities** and **Peggy will be talking** during the day as she leads you in a **guided meditation, stress relieving body techniques** from Robert **Peng** and Ann Marie **Chiasson**, and provides **prompts for journaling.** Peggy will share **mindful eating** habits prior to eating the **sack lunch that you will bring.** At the end of the day you will journal about the experience of being silent and **set your intentions** for **consciously responding to stress.**

Tentative Schedule

- 9:30 Introduction
- 9:45 Stress Discussion and Journaling
- 11:00 Break
- 11:15 Guided Meditation
- 11:45 Enter into Silence
- 11:45 Mindful “Being” Time
- 12:15 Mindful Eating Reminders
- 12:30 Lunch and Mindful “Being” Time
- 1:30 Stress Relieving Body Techniques
- 2:00 Mindful “Being” Time
- 2:30 Preparation for the Holidays and Setting Intention
- 3:00 Silence Period Ends - Closure Activity
- 3:30 End of Class

Throughout the day, you will have **“Being” Time** to just **“be” in the present moment in silence.** You can spend your time “being” in **whatever way soothes your soul.** You can write in the **journal** that will be provided and spend time in reflection. You may spend your time in meditation or **observing nature** in the back yard (weather permitting). There will be areas set up with materials **for mindfully painting, coloring, or doodling.** There will be **inspirational books** for you to peruse. From a place of silence, you will **listen to what your body, mind, and soul needs** during the “Being” time and choose what will bring you joy.

If you are new to spending time in silence, do not be afraid. In the **silence**, you will **find a place of peace and tranquility.** You can **turn down the dial of the noise that encompasses our daily life** and begin to **hear the guru within you.**

This is a **perfect way to get grounded and have tools to use** during the **upcoming holiday season.**

Come spend a day pampering your mind, body and soul and focusing on you!

Sign up at <http://www.peggysteffens.com/registration.html>