

Make Each Day Precious: A Journey Within Retreat

Theme: Mindfulness and Being

Date: Tuesday, March 7th from 9:30 AM – 3:30

Location: Peggy Steffens House – 7002 N. Donatello Way

Cost: \$40.00

Description: Marianne Williamson states “Our spirits as well as our bodies need more quiet time, more reflection, more immersion in the magic of just being. That doesn’t mean we’re retreating from the world, so much as we’re moving into a deeper experience of it.” This daylong mindfulness and being meditation retreat will provide quiet time in a peaceful environment to connect to your deepest self.

Spending the day in self-reflection using journaling and other tools, you will consciously reflect on mindfulness and who you are at your core self. We will spend time “being” without labels or descriptions and examine the witnessing awareness. 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, a walking meditation, 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 mindfulness in your life.

Tentative Schedule

- 9:30 Check in
- 9:45 Overview of day and house
- 10:00 Introduction to Silence and Setting Intentions
- 10:45 Break
- 11:00 Guided Meditation
- 11:30 Enter into Silence
- 11:30 Mindful “Being” Time
- 12:00 Mindful Eating Lecture
- 12:15 Lunch and Mindful “Being” Time
- 1:30 Walking Meditation
- 2:00 Mindful “Being” Time
- 2:30 Processing Experience through Journaling and Setting Mindfulness 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. Dr. David Simon, cofounder of the Chopra Center for Wellbeing, states, “In our dynamic, goal-oriented world, we don’t usually spend much time or attention cultivating this quality of awareness, but it has been my experience that learning to surrender to silence nurtures all aspects of life—including our environment, our body, our relationships, our creative expression, our heart, and our soul.

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

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