



Find Your Peace

A Present Moment Meditation Mini-Retreat

From one season to the next, one day to the next, life and the world around us is constantly changing.



In time, this fluctuation & uncertainty can cause worry, tension & stress, & have a cumulative effect on health, happiness & our ability to take life one day at a time ... & enjoy life in the present moment.

As we approach fall & the holidays, this **Mini-Retreat** is a golden opportunity to pause, regroup & re-establish a firm foundation, within. Come back to center & find that place inside that is still, silent & steady.

Learn powerful tools that will help you stay calm & centered while the world goes on around you. Wherever you're at in life, this **Mini-Retreat** is designed for you ... it's healing, restorative, insightful, & an opportunity to spend quality time with your Self.



In this beautiful setting, **Find Your Peace** ... thru meditation. Whether you are new to meditation or experienced, meditating with a group deepens your practice. **Present Moment Meditation** uses a light-hearted approach that makes meditating inviting & beneficial for everyone.

Wednesday, October 12

9:00 a.m. - 12:00 p.m. \$40

With lunch (optional) at noon, \$50

Treat Your Self! Join us! Bring a friend!



Chairs provided. Reserve today.



For 35 years, Kathy Bindu Henning has studied Meditation & the art of Self-Discovery. She is a speaker, teacher & founder of Present Moment Meditation. In 2009 she released a CD, "Living in the Present Moment: Everyday Tools & Practices." www.LivinginthePresentMoment.com

Return the registration form below and payment to:
St. Paul of the Cross Passionist Retreat & Conference Center
23333 Schoolcraft, Detroit, MI 48223-2405
Phone: 313-535-9563 Fax: 313-535-9207 Email: msansotta@passionist.org

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