

INSIGHT MEDITATION

Half Day Silent Retreat

Sunday, June 24, 2018

8:45am-1:00pm

Pike County Public Library, Milford

119 E. Harford Street Milford, PA 18337

Join us in this half day silent meditation retreat. Participants will practice mindfulness meditation with an emphasis on cultivating a continuity of awareness in all activities.

This retreat is open to everyone regardless of their level of experience. Guided instructions will be given to beginners new to the retreat environment. There will be periods of sitting and walking with a period of gentle stretching/yoga.

Pre-registration is required and it is strongly recommended that participants have attended at least one meditation class at the library prior to this retreat. Register at the library or call the library at (570) 296-8211.

Retreat Schedule:

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|-------------|---------------------------|---------------|----------------------|
| 8:45-9:00am | Registration/Instructions | 10:50-11:30 | Sitting meditation |
| 9:00-9:30 | Sitting meditation | 11:30-12:00 | Break/Mindful eating |
| 9:30-9:50 | Walking meditation | 12:00-12:15pm | Walking meditation |
| 9:50-10:30 | Sitting meditation | 12:15-12:45 | Dharma talk |
| 10:30-10:50 | Stretching/Mindful yoga | 12:45-1:00 | Closing/Q & A |

Retreat leader: Anthony Varriano, MD is a primary care physician with over 20 years of study and practice experience in the Theravada (Insight) Meditation tradition.

Donations to the library to cover program costs are welcome. Thank you!

