



**Dear Graduate,**

We are delighted to invite you for intensive practice with us in our Summer 2010 Mindfulness Meditation Retreat. For 4 ½ days in July we will explore mindfulness and meditation, stillness and movement, group exercises, individual practice, and speech and silence. Through practice we will directly experience the brilliance of the world around us and the natural clarity of our own deepest self. This winter retreat will include longer periods of silence and more practice than previous retreats.

Intensive practice is one of the most powerful ways to deepen and extend your path of mindfulness and meditation. It allows us to leave the distractions and preoccupations of daily life. Part of the retreat will contain longer periods of silence for us to more fully be in the experience of mindfulness. We are excited to offer this opportunity to continue on this path together. Come to experience the radiance of your most authentic self.

## **PENN Program for Mindfulness – Summer 2010 Retreat**

**When:** Wednesday, July 14<sup>th</sup> 2010, 4:00pm through Sunday, July 18<sup>th</sup>, 2010, 2:00 pm 9 am – 9 pm each day. (6:45 am optional guided movement each day)

**Where:** Pendle Hill Quaker Retreat Center, Wallingford, PA

**Facilitators:** Michael Baime and Scott McBride

**\*Pre-requisites:** Completion of the eight-week Penn Program for Stress Management introductory course, or an established mindfulness meditation practice and permission from the instructor.

**Cost:** The price of the 4 ½ -day residential retreat, including a **Single room** and board, is \$989. **Double**, and **Triple** shared room accommodations are available for \$849. Accommodations are available for 40 people. This year, due to the high demand for single rooms, we will be holding a lottery. If you would like a single room, your name will be placed in the lottery and we will randomly pick names for the single rooms on December 7<sup>th</sup>, 2009. If you do not get a single room, we will place in a double or triple, unless you decide to take a non-residential spot. All other spaces are first come, first serve. We encourage you to take advantage of this residential option, as it will assist you in containing the stillness and open awareness that we will cultivate together over the course of the retreat. A limited number of \$639 **non-residential** spots are also available. Breakfast, lunch, dinner and mid-

day snacks during the day are included in the program fee.

**Registration:**

To register for this retreat, please use the attached registration form. **Registration deadline is June 14th.** See important information about single room accommodations above. You may mail, fax or email your completed registration form along with your preferred payment method. Please call if you have any questions or would like to register by phone.

**Refund Policy:**

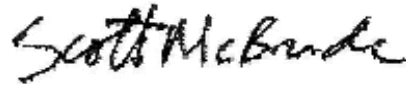
*Full refunds are available until **June 14th**. Because we have been charged for last-minute cancellations in the past, after this date the program is non-refundable. No exceptions.*

Your personal commitment is what will fuel the power of this program. Please join this retreat with the intention of participating fully. We look forward to continuing our journey together.

Warmly,



Michael Baime



Scott McBride