

Join us for our third annual

ReTreat From The Holidays

at Sierra Foot & Ankle/Ascent Physical Therapy
2350 S. Carson St., #3 • Carson City, NV 89701
(Across from Greenhouse Gardens)

Sunday, January 7, 2018

9:30am - 3:30pm



Offer yourself a day of silence! Return to your body, relax, and breathe.

We will offer techniques to use throughout the year to center, calm and ground yourself. The day will be in silence except for instructions in sitting and walking meditation, dharma talk, and a question and answer period with the teachers.

Prepare for comfort with layered clothing. Bring a sack lunch for a relaxed and silent meal and your cushion or bench if you wish to sit on the floor. Chairs are provided (but do bring your own if you have one you especially like). Especially suited for new meditators. A great tune-up and quiet day for experienced meditators.

This is a Dharma Zephyr Insight Meditation Community event.

As such, there is no charge. Your generosity provides a donation to Ascent for the space and support for the teachers.

Kathy Schwerin and Christy Tews will co-lead this mindfulness meditation day, assisted by Angela Sullivan of Sun Mountain Yoga. Christy and Kathy are long-time friends who co-founded DZIMC. Christy enjoys gardening, cooking, traveling, and embroidering with her miracle machine. Kathy is a semi-retired psychotherapist who blogs at [A Mindful Breath.com](http://AMindfulBreath.com). For full bios see DharmaZephyr.org.

Please RSVP or direct questions to Susan at
susana@DharmaZephyr.org
or call 775-841-4846

