



## ONE-DAY MINDFULNESS RETREAT

Our Signature one-day retreat was created to offer an intensive learning and growth experience with a variety of mind body techniques. Led by Susan Blum, M.D., MPH and Elizabeth Greig, MSN, FNP, you will learn new skills, more about yourself, and leave feeling more grounded and calmer than when you arrived. Bring your own lunch, we will provide everything else you need for the day, including healthy snacks.

### Program Schedule:

Time	Event
8:45 am	Arrive & Welcome
9 -11 am	Mind-Body Group 1: Focus on different types of meditation and using drawings for self-awareness.
11:15 am - 12:15 pm	Restorative Yoga
12:15 - 1:30 pm	Lunch: Mindful and silent eating followed by discussion
1:30 - 3 pm	Mind-Body Group 2: Focus on guided imagery and journaling
3:15 - 4:30 pm	Mind-Body Group 3: Active Meditation and Finish

*Space is limited to 14 people at \$195 per person. Wear comfortable, warm clothes. Program fee is non-refundable if cancelled within 2 weeks of the program.*

Kindly call (914) 652-7800 or register on-line at [www.blumcenterforhealth.com](http://www.blumcenterforhealth.com).