



Mindful-Way Stress Reduction Programs

Invites you to

A Mid-Summer Mountain Retreat

August 13th - 15th, 2010

Join us
in the cool of the San Jacinto mountains on the grounds of the exquisite Yokoji-Zen Mountain Center near Idyllwild, CA. for a weekend of Meditation, Yoga and Mindfulness practices.

Use your natural awareness to explore the world inside you and around you as you walk in the woods, eat delicious vegetarian meals, meditate in an authentic Zen Temple, chant, sing and participate in creative workshops Led by Mindfulness Based Stress Reduction Teacher Beth Mulligan, PA-C and Jessa Tarbert of "Anahata Movement Arts" in Riverside.

Meditation
Mindfulness
Yoga



Cost: \$325.00 includes all meals, programs and 2 nights accomodation.
Space is limited, enroll now. To reserve your place
Contact: Beth Mulligan (760) 799-7847 or e-mail beth@mindful-way.com

Visit us on the web: www.mindful-way.com

**Beginners
to meditation
and Yoga
are welcome**