



# Mindfulness & Stress Reduction

September 23–25, 2016



Susan Carol Stone, Ph.D.

Take a break from stress and join us for this experiential workshop-retreat, where you will:

- Practice powerful mindfulness techniques to reduce stress, gain greater clarity, and achieve peace
- Discover the transformative connection between mindfulness and open-hearted loving kindness
- Establish a personal mindfulness program for dealing with obstacles or problems

Explore mindfulness as a path that supports your highest spiritual aspirations.

This program is designed for people new to mindfulness practice as well as seasoned practitioners.

Tuition: \$240  
Add two nights accommodation  
Official time for check-in: 4 pm and check-out: 2 pm



1.800.858.9642

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Located in central Virginia: 40 mi south of Charlottesville, 75 mi west of Richmond, 150 mi southwest of Washington, DC