



Mindfulness

COMMUNITY OF MILWAUKEE

Going Deeper

Ways to Build a Complete Practice

July 31 to August 2

A weekend meditation retreat offered by the Mindfulness Community of Milwaukee in the Plum Village Tradition. Open to all, it is especially well suited for those who wish to experience extended meditation in community.



Program highlights:

- *Noble silence*
- *Extended periods of sitting and walking meditation*
- *Supportive retreat environment*
- *Opportunity to deepen concentration and presence*
- *Presented in the Plum Village Tradition*
- *Program fee waived for participants in “The Four Foundations of Mindfulness” retreat*

Prices start at \$128. Scholarships available.

Please contact the Christine Center to make your reservations at 715-267-7507 or welcome@christinecenter.org



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