



# Mindfulness

COMMUNITY OF MILWAUKEE

**Annual Summer Retreat 2026**

**July 26 to July 31**

The Mindfulness Community of Milwaukee is pleased to announce its annual summer retreat theme.

## **The Four Foundations of Mindfulness**

*Ways to Build a Complete Practice*



Join us to learn how to apply this Buddhist wisdom in navigating today's hectic reality. We will practice with one of these foundations each day, offering a variety of opportunities to explore, including:

- Meditation
- Dharma Talks
- Breakout Groups
- Music
- Practice Instruction
- Body work
- Opportunities for Dharma Sharing
- Art

**Prices start at \$390. Scholarships available.**

**Please contact the Christine Center to make your reservations at 715-267-7507 or [welcome@christinecenter.org](mailto:welcome@christinecenter.org)**

Option to add "Going Deeper: A Weekend of Extended Meditation and Support" with no additional program fee.



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