

Fall Retreat for Educators and Mental  
Health Practitioners:  
A deep immersion into Mindful Living  
October 27 to 29, 2017  
Sugar Ridge Retreat Centre, Midland, ON



Join a community of like-minded individuals for this semi-silent retreat, in order to begin or deepen your mindfulness journey, and nurture a habit of **conscious and authentic living and working**. Experience ways that mindfulness can nourish and support your inner growth and wellbeing. Cultivate **space** for authenticity and inspiration in your life and in the work you do. Leave feeling renewed and **reconnected** with your true nature.

**Facilitated by:**

**Ameeta Dudani**, Clinical Psychologist and mindfulness & yoga teacher/practitioner  
**Karen Davis**, Educator and mindfulness teacher/practitioner

**Cost:**

**Early Bird (until June 30<sup>th</sup>):** \$400 all-inclusive of meals, shared accommodation, all activities, and taxes.

**After June 30<sup>th</sup>:** \$450 all-inclusive.

**For more information visit:** [www.sugarridge.ca/retreats/upcoming-events](http://www.sugarridge.ca/retreats/upcoming-events)

**To register:** Please contact [ameetadudani@gmail.com](mailto:ameetadudani@gmail.com) or 416-884-2383.

Limited spaces available. No experience with mindfulness or yoga is required.

“When you realize nothing is lacking, the whole world belongs to you.”

-Lao Tzu