

INWARD BOUND MINDFULNESS EDUCATION



# Toronto Teen Retreat

## August 6th–11th, 2016

Ecology Retreat Centre • Mono, Ontario (near Toronto)

**\$900** (Limited scholarships available) • **Ages 15–19**

Mindfulness is paying attention to what's happening in the present moment with kindness and curiosity. Come join us this summer for an iBme retreat in Mono, Ontario, and learn mindfulness through guided meditation, mindful movement, small group discussions and fun group activities. Practice valuable skills like self-awareness, mindful communication, staying focused, and being calm. Scientifically proven to build emotional resilience, inner strength and well-being, mindfulness practices support our capacity to connect authentically with ourselves and others.

Each day will include sitting and walking meditation, periods of silence, yoga, creative workshops, and free time. Please come prepared to participate in all aspects of the retreat with curiosity and a willingness to engage with challenge.

**It seriously changed my life. I am a much happier, more open person. I feel more connected to myself and to others..."**

Camille, Age 16

For more information or to register,  
please email [contact@ibme.info](mailto:contact@ibme.info)  
or call 416.570.4787

**[www.ibme.info](http://www.ibme.info)**