

Whether you're new to meditation, experienced in it, or simply curious about mindfulness, you're warmly invited to come be inspired and refreshed.

The meditation retreat is back by popular demand! This year includes an even wider array of optional breakout sessions to choose from as well as options to come Friday evening for an overnight stay or to come just for Saturday. For overnight weekend participants, the retreat begins on Friday, September 11 at 7 PM. The evening includes a sunset labyrinth walk by the river and a Yoga Nidra meditation led by Julie Lusk. Yoga Nidra is a 6-step guided meditation done lying down for a deeply restorative, joyful experience that everyone can do. Private overnight accommodations at the spiritual center help you stay immersed in a calm, reflective atmosphere. The retreat continues after breakfast on Saturday with additional opportunities for meditation.

For Saturday only and overnight participants, the program continues from 9 to 5 pm on Saturday. Jen Frutkin will introduce Buddhist meditation and Susannah Kelly will present the Christian tradition of contemplative prayer. Both will lead us through two different meditation sits to deepen our experimentation with the techniques presented. In addition, there will be several more breakout sessions throughout the day featuring

- Different forms of mindfulness
- Walking the Labyrinth
- Sound bath
- Calming the vagal nerve
- Practicing yoga postures meditatively
- Breathwork
- Nature and mindfulness

Join us either for the overnight or just Saturday as your schedule permits. Join fellow-minded seekers, enjoy relaxation and nature, meditate in community, gain wisdom, and equip yourself with new techniques to carry the peace home. All are welcome!

Details:

When: September 11-12, 2026

Where: 5361 S Milford Rd, Milford, OH 45150

Registration Options:

- Friday through Saturday with room and meals included, \$150
- Saturday only with meals included, \$100

Bring: yoga props - mat, blankets, bolsters/pillows, and meditation cushions. Limited supply available to borrow if needed.

If desired: journal, reading material, devotional items.

