

# Deepening Our Practice:

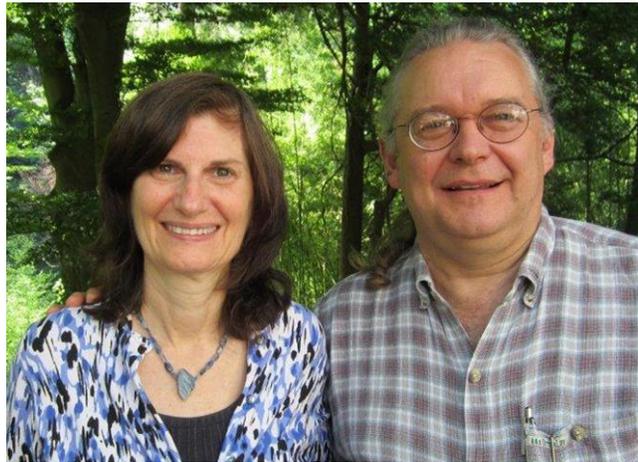


*A 5-day silent mindfulness retreat  
for MBSR/MBCT teachers and professionals  
who incorporate mindfulness in their work*

**Sunday July 22 – Friday July 27, 2018**

Pendle Hill Retreat Center, Wallingford, PA

*Facilitated by Diane Reibel, Ph.D.  
and Don McCown, MAMS, MSS, Ph.D.*



- **Sitting, walking, and moving meditation, in the style and spirit of the mindfulness-based interventions.**
- **Time for participants to meet individually with teachers to discuss practice.**
- **Small group dialogue on practice themes — working with obstacles, judgment, cultivating kindness and compassion for self and other**
- **Free time for contemplation and rest in the beautiful grounds of Pendle Hill** (Located just south of Philadelphia, easily accessible to the mid-Atlantic.  
[www.pendlehill.org](http://www.pendlehill.org))

As professionals in the mindfulness-based interventions (MBIs), we need the time and space to deepen our practice. And we all need each other for nurturance and support. This will be a rare opportunity to practice what we teach – together.

This retreat is designed in the style of the MBIs. We'll work with the full range of practices that we offer our students and clients – body scan, sitting and walking meditation, loving

kindness and compassion practices, yoga, qigong, and sensory awareness exercises. Evening talks by the facilitators will focus on the possibilities of mindfulness for transforming our lives.

You'll have plenty of breathing room to open up to your life. Pendle Hill is a remarkable contemplative community that will act as a container for our retreat and afford many opportunities to explore the contemplative and expressive dimensions of your life – walking paths, garden seats, a labyrinth and even an art studio. There will also be time to meet individually with the facilitators to discuss your personal practice.

We hope you'll take home a renewed spirit and commitment to practice, and some new ideas for your work in the world.

*Over for more*

## **Deepening Our Practice:** **A 5-day silent mindfulness retreat**

**Retreat Fee:** \$1195 includes tuition, shared room and board or \$1395 for a single room (subject to availability). A deposit of \$300 is due by May 22, 2018 to reserve a space at this retreat; rooms are assigned on a first-come, first-served basis so please register early. Payment in full is due by June 22, 2018.

**Refund Policy:** A full refund is available until June 22. No refunds are available after June 22.

**Registration:** Please fill out the registration form available under “Events” at [www.mindfulnessandmore.com](http://www.mindfulnessandmore.com). Payment can be made by credit card on-line or by check (See website for more details).

**Retreat Start and End Times:** The retreat will begin at 6:00 p.m. (with dinner) on Sunday July 22, and end at noon on Friday July 27.

### **Facilitators:**

**Diane Reibel, Ph.D.** has been practicing mindfulness and contemplative disciplines for over 20 years. She is Director of the Mindfulness Institute at Jefferson- Myrna Brind Center of Integrative Medicine and Clinical Associate Professor of Emergency Medicine at Jefferson Medical College. Dr. Reibel is a certified MBSR teacher through the Center for Mindfulness, founded by Jon Kabat-Zinn at the University of Massachusetts Medical Center. In addition to her passion for teaching mindfulness, she studies the health effects of mindfulness training and her research is published and widely cited in both scientific journals and the popular press. She is co-author of the recent book *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*, and co-editor of *Resources for Teaching Mindfulness: An International Handbook*.

**Don McCown, Ph.D.,** has been practicing meditative and contemplative disciplines in a number of spiritual traditions for more than 25 years. He is Assistant Professor of Health and directs the minor in Contemplative Studies at West Chester University. He has taught mindfulness-based interventions to professionals, students, and clients in programs at Thomas Jefferson University, the Won Institute of Graduate Studies, and Council for Relationships. He is co-author of *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*, and *New World Mindfulness: From the Founding Fathers, Emerson, and Thoreau to your Personal Practice*, author of *The Ethical Space of Mindfulness in Clinical Practice*, and co-editor of *Resources for Teaching Mindfulness: An International Handbook*.

**For more information visit [www.mindfulnessandmore.com](http://www.mindfulnessandmore.com) and  
click on “Events” or call 610-909-3685.**