

“Mind is a flexible mirror, adjust it, to see a better world.”

~ Amit Ray

Register today for a Half-Day Mindfulness Retreat



What is it?

With our ever increasingly fast pace of life and the pressure to multi-task, regardless of how much we try to focus, mindfulness practice gives us an opportunity to recalibrate in a healthy way and create roots and solace for ourselves when the winds of change threaten to blow us over. Through learning meditation techniques and engaging in mindful activities, we can find strength to stand our ground by hearing others stories and struggles, lending us the words to validate our own experiences.

Why mindfulness as a group?

Individual practice is a proven way to consistently train ourselves to notice our thoughts and patterns and work toward engaging the present moment. As a collective group, we learn to both strengthen our meditation practice~ to reconnect with ourselves in a way that decreases anxiety and helps with handling stress levels~ while also gaining new perspectives and skills when we experience a connection with others through our shared human openness .

The details.

When: At a date convenient for you.

Where: At your private residence or another agreed upon venue.

Time: 3 hours

Cost: \$100/person

Contact for Information: traceybogen@gmail.com



Tracey Ellenbogen, LCSW
Psychotherapist, Mindfulness Educator

1904 South St., Philadelphia, PA 19146

610.864.1294 www.traceymsw.com