

**Mindfulness**

**Silent  
Individual  
Meditation  
Retreat**

**Between 3 and 10  
days**

**These retreats  
welcome already  
seasoned meditators  
who have a regular  
daily practice.**



We propose individual retreats in the Gardon Canyon. The program can be based upon the mindfulness practice of the MBSR curriculum but can be drawn from any Insight practice suitable to the aspiration and personal program of the retreatant.

The practice of hatha yoga, bodyscan and meditation – seated or walking - will be suggested to help created a continuity of attention during formal practice. Daily life activities can provide the informal aspect of the practice. The 4 foundations of mindfulness and other teachings will be applied as they enfold within the retreat.

**Silent Space**

**in Cabrières**

**For further inquiry:**

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**Fee and program:  
Please contact us.**

