Please join us for the Serenity Now virtual retreat. Whether you’re new to meditation practice or ready to renew a committed practice, this is one way to help yourself stay grounded, connected and calm this season. Who knows what will happen next? We surely don’t. But we can certainly create more intention to meet whatever happens next with greater awareness, compassion, humor and ease.

So, please, join us as we buckle up and practice together during the week before the election. If you have any questions, please email lerice@med.umich.edu.

What do you need?
A commitment to practice at least once a day. We will be here 3 times a day, you’ll have to decide what works for you. Practice will be 20 minutes at 8:00AM, 12:00PM, and 8:00PM. (details upon registration)

Is there a cost?
There is no fee for participation, though donations are deeply appreciated. This is a volunteer effort and all donations will support the two non-profits organizing this unique retreat.

What can I expect?
Facilitated, guided mindfulness meditations for 20 minutes, 3 times a day. There will be no discussion until the very end of the series (optional).

Sunday October 25th, 8:00PM through Sunday, November 1st, 12:00PM
7 days ● 3x a day ● 20 minute facilitated meditations
8:00AM ● 12:00PM ● 8:00PM
with Laura Rice-Oeschger, LMSW & AACFM teachers

Register here: a2tix.com/events/serenity-now-7-days-of-sanity-10-25-2020