



# Meditation Retreat

**Labor Day weekend (8/31-9/3) in the mountains of NC**

- Find true happiness and inner peace
- Learn powerful techniques to enhance your meditation practice
- Learn how to stay focused and committed to your practice
- Improve relationships with loved ones
- Develop greater self-confidence and improve your mental capabilities



The meditation retreat is your most powerful tool for spiritual growth. Whether you're a beginner or experienced meditator, in this 3-day retreat, you'll gain a solid foundation of the mindfulness meditation practice. For more details, call Charles or Mary at **(919) 803-3517**, or visit us at:

**[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)**

The Mindfulness Meditation Institute is dedicated to helping you realize your full potential as a human and spiritual being. Join us on the *Inner Peace Mindfulness Meditation Retreat*.