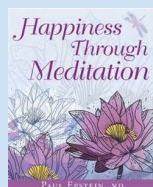


# Mindfulness Meditation

## Mini Retreat

**Sunday, September 25**  
1:30pm - 4:30pm

**Training the mind and heart for inner peace,  
health and happiness.**



Mindfulness meditation is a practice of training the mind and heart for inner peace, health and happiness. Join Dr. Epstein for a mini-retreat and learn to relate to life from a place of inner stillness, balance, equanimity and calm. We will engage in guided meditations, instructions, and silent practice. We will focus on mindfulness meditation teachings, practice and the process of integrating these teachings into our everyday lives. There will be time for discussion and Q&A.

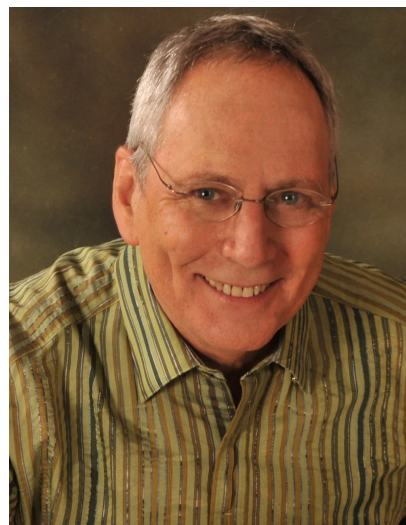
Learn how serenity is not freedom from the storm; it is being at peace in the midst of the storm.

All levels welcome. For beginners and those seeking to deepen their practice.

**Pre-Registration required by 9/24**

**\$75 (\$65 early registration by 9/22)**

Register online at [www.lifepathyoga.net](http://www.lifepathyoga.net)



**Paul Epstein, ND**

**Paul Epstein, ND** is a graduate of the National College of Natural Medicine (NCNM), specializing in mind-body integrative medicine and mindful healing. He maintains a thriving private practice in Westport, CT; travels extensively, lecturing, leading workshops and retreats worldwide; and offers imagery and mindfulness healing seminars. He is also the author of Happiness Through Meditation.

[www.drpaulepstein.com](http://www.drpaulepstein.com)

