

Mindfulness in Nature Fall Retreat (October 28-30, 2022)

with Dr. Ameeta Dudani, PhD, C.Psych., RYT-200

Clinical Psychologist; Mindfulness teacher/consultant; Yoga teacher

<https://drdudani.com>

At the beautiful **Harmony Dawn Retreat Centre** (Hastings, ON), an acclaimed “green” retreat centre located just 90 minutes from Toronto at Rice Lake (www.harmonydawnontarioretreat.com)



**“Perhaps the earth can teach us
As when everything seems dead
And later proves to be alive.”**

~ Pablo Neruda

The intentions of this mindfulness retreat are to restore, connect with yourself and others, and experience nature-based meditation practices that will support your journey in healing and in mindful living. By practicing mindfulness in nature, we can learn from the wisdom of nature, which supports healing and strengthens our ability to take care of ourselves and others. In this retreat, you will experience immersive and guided nature-based mindfulness practices, including meditation in nature and forest therapy (“shinrin yoku”), sitting and walking meditation, as well as gentle and restorative yoga classes ~ in the guidance of an experienced and skilled facilitator. You will be supported by the beautiful surroundings, comfortable accommodations, and nourishing and delicious vegetarian meals.

Jon Kabat-Zinn defines mindfulness as, ***“the awareness that arises from paying attention to our lives, with purpose, in the present moment, and non-judgementally.”*** Practicing mindfulness in nature can help us get to know ourselves better and learn to more easily switch from the busy “doing” (reactive) mode to “being” (responsive) mode. This helps to positively transform our relationship with stress, depression, anxiety, trauma, and difficult emotions ~ as well as our relationships with others. In turn, we cultivate greater insight and trust in ourselves, as well as learn to be kinder to ourselves.

Given that this is a mindfulness in nature retreat, many activities will be held outdoors in this retreat (weather permitting). Therefore, please bring layers and appropriate clothing/footwear for the outdoors and varied weather conditions. *No knowledge or experience in mindfulness, meditation or yoga is required for this retreat; suitable for all levels.* This retreat will include periods of silent mindfulness meditation practice (instruction provided) and ample free time. The schedule is intentionally designed to be spacious and not crowd you. All needs will be respected and honoured, and options (i.e., in yoga) will always be provided.

Schedule

Friday

3-5 pm ~ Arriving and settling in

5:30 ~ Dinner

7 pm ~ Opening circle and Orientation to retreat

8 pm ~ Restorative yoga class

9 pm ~ **Noble silence begins and ends after breakfast*

Saturday

7:30 am ~ Morning movement; Silent sitting and walking meditation (light instruction provided)

8:30 ~ Silent Breakfast (eating meditation)

**end of noble silence*

10-12 ~ Guided mindfulness in nature/shinrin yoku walk

12:30 ~ Lunch and free time (read, nap, relax, hang out with your new friends, go for a hike/walk, etc.)

4:00 ~ Gentle afternoon yoga class

5:30 ~ Dinner

7 pm ~ Mindfulness workshop

Bonfire (weather-permitting)

Sunday

**Noble silence until after breakfast*

7:30 am ~ Morning movement; Silent sitting and walking meditation

8:30 ~ Silent Breakfast (eating meditation)

10-12 ~ Guided mindfulness in nature/shinrin yoku walk and closing tea ceremony

12:30 ~ Lunch

Depart at your leisure

Facilitator Bio



Dr. Ameeta Dudani, PhD, C. Psych. (<https://drdudani.com>) is a Clinical Psychologist and a mindfulness meditation teacher/consultant, based in Toronto. She is also a registered yoga teacher (RYT-200), teaching accessible, trauma-sensitive, gentle hatha and restorative yoga classes. Ameeta works as a Child and Adolescent Clinical Psychologist at a local Family Health Team and in private practice. She provides mindfulness-based therapy, groups, and mindfulness training/consultation to individuals and organizations in health care and education. She is a student of Zen Master Thich Nhat Hanh and her practice is also deeply influenced by Jon Kabat-Zinn and Daniel Siegel-pioneers of the secular mindfulness movement. Ameeta completed the MBSR in Mind-Body Medicine training with UMass Centre for Mindfulness and is a certified SMART (Stress Management And Resiliency Training) facilitator. For the past six years, Ameeta has curated mindfulness in nature programs for the Kortright Centre for Conservation and the Swan Lake Nature Sanctuary (Victoria, BC). She also presented a workshop on this topic at the inaugural BC Mindfulness Summit in 2020. Ameeta believes that nature is truly the best teacher of mindfulness, and that, by practicing mindfulness in nature, we can care for ourselves, each other, and the planet.

Cost:

Early bird (before August 31): **\$500.30 inclusive*** (\$350.30 for lodging and delicious vegetarian meals, payable directly to Harmony Dawn, and \$150 program fee payable directly to Ameeta).

After August 31: **\$575.30**

*Register early, limited spaces available. (NB: Due to Covid-19, the retreat group size will be kept smaller, to 12 or 14 max participants; under normal circumstances the retreat centre would host a group of 20).

To register:

Please contact Ameeta at dr.ameeta.dudani@gmail.com

*Deposit of \$150 (payable via e-transfer) is required to register, with balance due in September

**Please note that all Covid-19 protocols will be followed as per public health advisories in place at the time. Retreatants will need to self-screen and will be encouraged to do a rapid test before coming to the retreat center, as well as after. Please visit the Harmony Dawn website for updated Covid-19 protocols.

Please feel free to reach out if you have any questions or concerns. I look forward to meeting you!

Namaste