

NATURALLY MINDFUL: MINDFULNESS MEDITATION IN NATURE RETREAT

August 26 to 30, 2026

Sugar Ridge Retreat Centre (Midland, ON)

With Dr. Ameeta Dudani, Mindfulness and Yoga Teacher, and
Clinical Psychologist (<https://drdudani.com>)

and Colleen Reilly, Naturalist and leader of naturalist/birdwatching
walks; founder of The Pipits birding group (www.thepipits.com)



Link: <https://www.sugarridge.ca/retreat/naturally-mindful-introduction-to-mindfulness-meditation-in-nature-and-birding-5-day-4-night-summer-retreat/>

Tentative Retreat Schedule

Wednesday

3-5 pm - arrival

5:30 - dinner

7 to 9 pm - Naturally Mindful, Session 1

9-9:30 - guided relaxation

noble silence until after breakfast next morning (instructions will be given)

Thursday

7:30 to 8:30 - morning birdwatching & naturalist walk with Colleen

8:30 - silent breakfast

10-12 - Session 2
12:30 - lunch
2 to 4 pm - Session 3
4 to 5:30 - free time
5:30 - dinner
7 to 8 pm- evening birdwatching & naturalist walk with Colleen
8 pm - restorative yoga class (75 minutes)
noble silence until after breakfast

Friday

7:15 to 8:15 - morning birdwatching & naturalist walk with Colleen
8:30 - silent breakfast
10 to 12 - Session 4
12:30 - lunch
free time/personal time
5:30 pm - dinner, then free time
8 pm - discussion/Q&A
9 pm - relaxation/sound meditation
9:30 - noble silence until after breakfast

Saturday

full day, 5-hour silent retreat (guided)
wake up in silence
8:30 - silent breakfast
10 am to 3 pm - silent retreat (includes gentle yoga, sitting meditation, walking meditation, forest bathing etc - in longer practices; indoors and outdoors; in a flow sequence; lunch will be part of the silent retreat)
3 to 5:30 pm - personal time (can continue to be in silence if you wish/tags will be available)
5:30 pm - dinner (in silence)
7 to 9:30 pm - Session 5 and Q&A
noble silence

Sunday (final day)

7:15 to 8:15 - nature drawing/sketching
8:30 - breakfast
10 to 12 - Session 6 (final session)
12:30 - lunch, then departure