

A QUIET MIND RETREAT

SEPTEMBER 9, 2017 9 AM - 4:00 PM

Coming To Our Senses

The Himalayan Institute, Honesdale, PA



It's not what you think!

It's easy to let your thoughts get the best of you. Join us to slow down, stay present and give ourselves a well-deserved rest as we venture out of our minds and into our senses.

Our goal is simple: to explore new ways of responding to circumstance. Besides learning methods for reducing stress, we will practice loosening our mental grips and recognizing the power in using our senses.

1

MIND

Practice giving life your full attention

2

BODY

Gain a new appreciation for what your body tells you

3

SPIRIT

Learn ways to integrate more quiet time into your day



Mind-Body Medicine

Learn to notice when thoughts take you into worry



Nature As Teacher

Listen and watch nature offer clues for peaceful living



Space for Healing

Learn how to use stillness and space to solve problems

Whenever I think things should change, I go for a walk outside and notice they do. - A Quiet Mind



MEET SHEILA
A Quiet Mind, LLC

Sheila began her career in biotechnology and healthcare education. A series of losses and an enlightening experience with her dying father catapulted her in a new direction in 2009. She is now a professional speaker and self-care coach, teaching skills that cultivate a natural calm and help people to discover their capacity to acclimate to change. Sheila's passion is to share what she has discovered in herself – that looking at life with relaxed attention changes what you see. She enjoys hiking, music, cooking and travel. Sheila currently lives in Northeastern Pennsylvania.

WHAT PEOPLE ARE SAYING...

"Sheila is the only person that I know who, with her presence, brings a calming influence to a room of people. Even if you are totally relaxed, just her presence takes you to another level."

"No matter how stressful things are around Sheila, she seems so relaxed and unnerved...just her voice alone is very calming."

"When you speak... I feel immediate relief and relaxation. You have such a soothing and gentle manner about you."