

# Emotion-Focused Mindfulness Retreat

with **Bill Gayner**

August 25 to 28, 2016

Ecology Retreat Centre

Orangeville, Ontario

This four-day silent retreat will introduce newer meditators to a meditation practice that is gentle and open from the outset, as well as support experienced meditators in bringing more awareness, interest, and compassion to their inner world.

Emotion-Focused Mindfulness highlights how an experientially open form of mindfulness called Recollective Awareness Meditation can help us better navigate emotions, decreasing suffering, increasing happiness, and empowering us to live more deeply valued lives. Rather than feeling better, the emphasis is on getting better at feeling, so that our feelings help us better navigate our lives. Where most forms of mindfulness focus on the breath and other bodily sensations, Recollective Awareness Meditation emphasizes learning ways of being with and exploring thoughts and emotions, as well as bodily experience.

There will be several meditation sittings a day, ranging from 20 to 40 minutes long, with time for journaling afterward. Bill will be giving one talk in the morning and another each afternoon, and there will be two discussion periods each day. Also there will be daily small group interviews, as well as opportunities to speak with Bill individually about your meditation practice.



Bill Gayner, BSW, MSW, RSW, has taught mindfulness for over fifteen years. He led a large randomized controlled trial of mindfulness for people living with HIV. He was trained and mentored by Jason Siff as a Recollective Awareness teacher for over five years, transposing this learning into a psychological context, Emotion-Focused Mindfulness (EFM). Bill leads and researches EFM groups for hospital patients and staff. He is the course director for Mindful Psychotherapy in the Mount Sinai Psychotherapy Institute and an Adjunct Lecturer at the Factor-Inwentash Faculty of Social Work, University of Toronto. Click [here](#) for more information.

**When:** Thurs Aug 25, 2016 at 4pm to Sun Aug 28, 2016 at 1pm

**Location:** Ecology Retreat Centre, 308046 Hockley Road Mono, Ontario L9W 6N2

**Cost:** The teachings are offered on a donation basis.

**Website:** [www.emotionfocusedmindfulness.ca](http://www.emotionfocusedmindfulness.ca)

**Room and meal fees (retreat fees):** Retreat fees include accommodation and snacks & meals. There will be three meals on both Friday and Saturday, dinner on Thursday evening and breakfast and lunch on Sunday.

-Single room \$525CAD (\$400USD)

\*SINGLES ARE NOW SOLD OUT

- Shared room \$400CAD (\$300USD) per person

- Reduced Rate can be requested for those in financial hardship.

Or please contact:

Kami Brar [kami@emotionfocusedmindfulness.ca](mailto:kami@emotionfocusedmindfulness.ca)

Bill Gayner [bill@emotionfocusedmindfulness.ca](mailto:bill@emotionfocusedmindfulness.ca)