

Emotion-Focused Mindfulness Retreat

with **Bill Gayner**

July 27 to 30, 2017

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 developing more compassion and empathy for their inner world and experience.

Where most forms of mindfulness focus on the breath and other bodily sensations, emotion-focused mindfulness (EFM) emphasizes mindfulness of emotions and embodied mental states. Rather than feeling better, the emphasis is on getting better at feeling, so that our feelings help us better navigate our lives.

Meditation sittings will range from 20 to 40 minutes long, with time for journaling after each meditation. Bill will be giving two daily talks, with two discussion periods each day. There will be daily small group interviews led by Bill and other teachers, as well as opportunities for retreatants to speak individually with a teacher about their meditation practice.



Bill Gayner, BSW, MSW, RSW, has taught and researched mindfulness for over fifteen years. He is developing an emotion-focused therapy approach to mindfulness, called emotion-focused mindfulness therapy (EFT-M), that treats emotions as adaptive resources. Bill leads EFT-M groups for psychiatric patients, people living with HIV, and hospital staff. He teaches Mindful Psychotherapy in the Mount Sinai Psychotherapy Institute and is an Adjunct Lecturer at the Factor-Inwentash Faculty of Social Work, University of Toronto. Click [here](#) for more information.

When: Thurs July 27, 2017 at 4pm to
Sun July 30, 2017 at 1pm

Location: [Ecology Retreat Centre, 308046
Hockley Road Mono, Ontario L9W 6N2](#)

Website: www.emotionfocusedmindfulness.ca

Cost: Includes all retreat fees (accommodation and snacks & delicious organic meals) as well as all the teachings offered and group and private meetings with EFT-M teachers to deepen meditation practice. Retreat also includes exclusive access to swimming pool, yoga classes, labyrinth and hiking trails for walking meditation, campfire circles and peaceful streams and ponds.

-Single room \$800CAD (\$605USD)

*Limited number available

-Shared room \$675CAD (\$510USD) per person

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

For more information, please contact:

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