

Emotion-Focused Mindfulness Retreat

with **Bill Gayner**

August 23 to 26, 2018

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 therapy (EFMT) emphasizes mindfulness of embodied emotional experiencing. 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 groups for sharing and exploring your meditation experience 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 emotion-focused mindfulness therapy (EFMT), a mindfulness approach that treats emotions as adaptive resources. Bill leads EFMT groups for psychiatric outpatients and people living with HIV, and trains hospital staff in emotion-focused mindfulness. 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.

When: Thurs August 23, 2018 at 4pm to
Sun August 26, 2018 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 the teachings offered, and group and private meetings with emotion-focused mindfulness teachers to deepen meditation practice. The retreat also includes exclusive access to the swimming pool, daily yoga classes, labyrinth for walking meditation and a variety of hiking trails great for walking meditation or jogging, campfire circle and peaceful streams and ponds.

Single room \$1050CAD

*Limited number available

Shared room \$800CAD per person

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

For more information, please contact:

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