



Meaningfulworld Post-Holiday Winter Retreat

At Stony Point Retreat Center

26-27 December, 2015

Meaningfulworld Post Holidays Retreat is designed to help you discover that your life and your practice are one, holly and peaceful. Unlike other workshops which focus on 'You are broken, and we will fix you,' approach; we believe that you are whole, complete, intact, and have multiple potentials & capacity to make meaning. Everything that we offer in a weekend retreat is geared to strengthen your potential, on mind-body-eco-spirit levels. Each and every exercise is designed to empower you, motivate you to start your practice, and if you have it, that is wonderful, we help you strengthen it, walk with you, empathize, and discover new and positive meanings. The morning and evening meditations, walking together in silence, Soul-Surfing, personal sharing, meaning-making tools, afternoon seminar, and other exercises and creative processes are geared to provide a nurturing and loving environment, deepening your practice, and helping you realize that your own life is the spiritual path itself. We will further support, and guide you in your home practice, as well as your practices at work and within the busy city life.

Co-Created Schedule: Kindly feel free to let us know what else you wish to add, or to revise

Saturday, 26 December, 2015

11: am - Check in, Mutual Exchange of Gratitude
12:00 - 1:00 pm - Lunch, Nurturing the Body
1:30 - 3:00 pm - Silent Walking Meditation
3:00 - 3:30 pm - Quiet Pure Consciousness
3:30 - 4:30 pm - Meditation and Reflection
4:30 - 5:30 pm - Soul Surfing & Labyrinth
6:00 - 7:00 pm - Dinner, Nurturing the Body
7:00 - 9:00 pm - Film & Giving & Receiving

Sunday, 27 December, 2015

7:00 - 7:45 am - Soul Surfing
8:00 - 9 am - Nurturing the Body, SMART
9:00 - 11 am - Home remedies Presentation
12:00 - 1 pm - Lunch, Nurturing the Body
1:30 - 3:00 pm - Silent Walking Meditation
3:00 - 3:30 pm - Quiet Pure Consciousness
3:30 - 4:30 pm - Meditation and Reflection
4:30 - 5:30 pm - Soul Surfing & Labyrinth
6:00 - 7:00 pm - Dinner,
7:00 - 8:00 pm - Heart-to-Heart Circle of Gratitude & Love - Departure

Stony Brook Center: When you come to Stony Point Center, you'll find simple, clean accommodations, open outdoor spaces and high-tech meeting areas. Our fresh, wholesome food is cooked by our chefs from scratch and often sourced from our gardens and local and fair-trade farmers. We offer a multi-faith fair-trade gift shop on site, as well as a glorious Meditation Space, Japanese Peace Garden, and labyrinth. Hiking in Harriman State Park and Bear Mountain, and boating in the Hudson River are also available. The hallmark of our service is to provide "radical hospitality" and we are happy to pick up members of ATOP Meaningfulworld at local bus, ferry and train stations free of charge.

Fee \$150 includes housing, meals, retreat, gifts, seminars, and more...

Meaningfulworld Motto: **When One Helps another BOTH Become Stronger**