



FAA  
MINDFULNESS  
MEDITATION  
RETREAT JULY 7-9  
2017

Friday July 7<sup>th</sup> (check-in begins at 3pm)

Saturday July 8<sup>th</sup> all day

Ends Sunday July 9<sup>th</sup> 9am

Held at a welcoming environment of peace and beauty ~The Stella  
Niagara Center of Renewal, Lewiston New York, near Niagara Falls. On  
the grounds are a labyrinth, pool, walking trails and many quiet reflective  
spots.

\*\*\*\*Beginners welcome\*\*\*\* Food included\*\*\*\*

Room, food, linens, towels included cost \$165.00

For more information and to register

Contact Nancy F. 585-217-3479

[nlindberg@ymail.com](mailto:nlindberg@ymail.com)

Register early, no later than by June 15<sup>th</sup>, limited space available

DO NOT REGISTER through retreat center