



## FAA MINDFULNESS MEDITATION RETREAT

Fri.- Sun. July 20-22 2018

STELLA NIAGARA RETREAT CENTER,  
near NIAGARA FALLS, NY

Early bird Registration before  
April 30<sup>th</sup> \$135 for single room no bathroom.  
After April 30, single rooms will \$145  
(extra cost for room with bath or double beds)

Cost Includes room and all of your delicious  
homemade food.

Contact information: Nancy F. in Buffalo  
[nlindberg@ymail.com](mailto:nlindberg@ymail.com) 585-217-3479

Must provide own transportation to and from  
retreat center if not driving.