

## DAY OF MINDFULNESS



Facilitated by Hal Dessel  
Saturday, September 23<sup>rd</sup>  
from 9:30 - 4:30  
Cost: \$25/ early bird \$20  
Before September 17

At this time of the year we celebrate the Autumn Equinox: equal day and equal night, balance of the dark and light, from now on day is shorter than night. We will focus our Day of Mindfulness on “equanimity” which means from its syllables “equal mind.” We will explore what balance equal mind has.

The practice of mindfulness includes: meditation, mindful walking, conscious breathing, and awareness of the present moment. The practice of Mindfulness is a goal for our everyday existence, not only during times of meditation. This day is appropriate for both men and women who are new to Mindfulness and meditation and those who are experienced practitioners. Please note that much of the day will be conducted in Noble Silence.

Fee does **NOT** include compensation for the teacher. Following an ancient tradition, Hal offers these teachings freely and will gratefully accept *dana*, or a free-will offering, at the end of the retreat if you are able and if you find the teachings helpful.

Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will also be available for meditation. Please bring a sack lunch for a present moment experience of mindful eating. In order to begin on time at 9:30am, please arrive five or ten minutes early.

**Hal Dessel**, a meditator since 1964, is a psychotherapist in Milwaukee specializing in addictions and trauma recovery. Mindfulness and 12-Step spirituality are core to both his professional and personal life. His practice and teaching are in the spirit of Thich Nhat Hanh and Insight Meditation Society.

---

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Return this form with the registration fee to:

Unity Church of Light, P.O. Box 1053, Brookfield 53008