

UNITY CHURCH OF LIGHT PRESENTS

DAY OF MINDFULNESS

Facilitated by Hal Dessel

Saturday, July 8th from 9 - 4:30

Cost: \$20 early bird registration before July 1st after that \$25

*Hal will guide you through a day
of meditation and inner reflection.*



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.

**Bring a sack lunch and be open
to a new experience of the present moment.**

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 note that much of this retreat will be conducted in Noble Silence.

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.

Name: _____

Address: _____

Email: _____

Phone: _____

**Return this form with the \$20 registration fee to
Unity Church of Light, P.O. Box 1053, Brookfield 53008**

UNITY CHURCH OF LIGHT 150 S SUNNYSLOPE ROAD SUITE 110 BROOKFIELD, WI 53005

(262) 641-7558

unitychurchoflightwi@gmail.com

unitychurchoflight.com