

# **Cultivating Mindfulness and Well-being**

## **Half-day Insight Meditation Retreat**

**Saturday, January 18, 2025**

**9:00 a.m. to 1:00 p.m.**

**UU of the Chester River  
914 Gateway Drive  
Chestertown**

**The practices of mindfulness and lovingkindness (metta) are central to Buddhist meditation. We will work with both practices during the morning, with alternating periods of sitting and walking meditation. Anne Briggs, leader of the Insight Meditation Community of Chestertown, will give the instruction. The retreat is suitable for beginners and for those with meditation experience.**

**No registration fee; a donation to support the teacher's work and for use of the space is appreciated. To register, or for further information, email Anne at [info@imc-chestertown.org](mailto:info@imc-chestertown.org), or call 410-200-9803.**