

# Integral Yoga®



# Programs

Satchidananda Ashram•Yogaville®

## Mindfulness and Presence

### Traversing Difficult Emotions in Uncertain Times

Susan Stone, Ph.D.

March 2–4, 2012

Mindfulness practice lightens the burdens of difficult emotions and unwholesome behaviors that keep you snared in unhappiness.

In this experiential workshop-retreat, you will explore how to:

- Traverse the terrain of difficult emotions through mindfulness and presence
- Trace differences and similarities between mindfulness and presence
- Practice with both mindfulness and presence to learn how they can support you, long-term, on your life's journey home.
- 20% discount for members of the Insight Meditation Community of Charlottesville

**Note:** The option to observe silence during the weekend will be encouraged.

Tuition: \$215. Add two nights accommodation.



1-800-858-9642

[www.integralyogaprograms.org](http://www.integralyogaprograms.org)

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Buckingham, located in Central Virginia: 40 mi. south of Charlottesville, 75 mi. west of Richmond, 150 mi. southwest of Washington, D.C.