

# Mindful Living: Opening to Life As It Is

A Day Long Meditation Retreat  
October 1, 2011 - 9:30 AM – 4 PM

Led By: Sharon Beckman-Brindley

Sponsored by:  
Meditation Community  
Of Fredericksburg  
(<http://meditatefred.com>)



Mindfulness meditation has been described as paying attention, on purpose, in the present moment, without judgment or criticism. With mindfulness meditation, we learn to acknowledge and welcome all aspects of our daily lives, our daily experience, with a kind acceptance. This leads inevitably to release of unnecessary stress, clarity about skillful action and a joyful energy in being alive.

This day long retreat will be an opportunity to receive instruction on this centuries-old skill, to ask questions, and to practice together. It is suitable for those with or without previous meditation experience.

Location: St. George's Episcopal Church, Princess Anne Street, Fredericksburg Virginia. Retreat will be held at Sydnor Hall in church lower level; side entrance on George Street. See MapQuest for directions to church.

Bring a meditation cushion and a bag lunch. Chairs will be available.

No fee. Dana accepted for the teacher.

**Please pre-register**

For information or to register, please contact

Todd Drake, [todd@meditatefred.com](mailto:todd@meditatefred.com)

*Sharon Beckman-Brindley, Ph.D. is a co-founder and a guiding teacher of the Insight Meditation Community of Charlottesville. [www.imesitation.org](http://www.imesitation.org) She is a graduate of the Community Dharma Leaders program at Spirit Rock Meditation Center. She also is a senior teacher of the Insight Dialogue meditation practice ([www.metta.org](http://www.metta.org)), a practice of meditation in dialogue. She has taught meditation nationally and internationally for many years. She is a Clinical Psychologist living in Charlottesville, Virginia.*