

8 Night Mindfulness & Yoga Retreat - St. John - 1/28 to 2/5 2017



8 Nights stay at the Concordia Eco-Resort with daily Meditation & Yoga Sessions. Less than 3.5hr flight from NYC, this part of St. John is surrounded by thousands of unspoiled acres with the Concordia Nature Trail providing direct access to the white sands of Salt Pond Beach. Afternoon activities will include a range of water sports or the opportunity to relax and reflect in an unforgettable location where tree frogs and hummingbirds feel as comfortable as you do.

Mindfulness is this moment, awake, alive & aware.
Right here, right now.
Be resilient in the face of worry.
Be engaged despite fear.
Train your brain to be in the moment & aware of your thoughts, without getting caught up in the past or the future



Heart-Based Mindfulness Kate Mitcheom

MSN, CNM, RYT

Kate Mitcheom has been practicing meditation since 1991 and teaching meditation since 1995 after training at Omega with Jon Kabat-Zinn, PhD. & Saki Santorelli. In 1997 she was part of the first Teacher Development Intensive at Omega and began teaching for the Center for Mindfulness in 2012 where she is a faculty member.

Find out more at: www.katemitcheom.com

Ellen Saltonstall (E-RYT 500) is a yoga instructor and body therapist based in New York with extensive training in the Iyengar and Anusara methods. She has been a practitioner for over 40 years and has co-authored two books with Dr. Loren Fishman. She teaches nationally and internationally with a specialty in anatomy and therapeutics.

