

# *Cultivating Presence and Well-Being: An Urban Retreat of Mindful Drumming, Photography & Meditation*

**February 24<sup>th</sup> & 25<sup>th</sup>, 2018 9:30 – 4:30 p.m.**

Join us for an urban retreat where we will explore mindful drumming, photography and meditation to see life from different perspectives and to cultivate presence, resiliency and self-compassion. With presence and self-compassion we can learn to develop greater trust in our ability to move through challenging transitions with greater ease, while feeling energized, calm, and centered. Drumming increases vitality, connection, well being and enhances positive relationships. Photography, practiced as mindful seeing, promotes attention regulation, perception of new perspectives and flexible responsiveness to ourselves and to others. This retreat will include (weather permitting) time and practices in the surrounding outdoors, where the beauty of urban nature can support our cultivation of presence, connection, and wellbeing.

**Early Bird Special:** \$400 until Feb. 2nd, 2018

**Regular Fee:** \$450

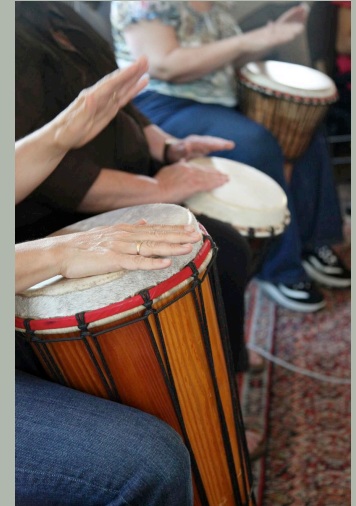
Register Using 

OR: Email completed registration form and e-transfer to:  
[Camilla@sharigeller.ca](mailto:Camilla@sharigeller.ca). Please use the password "presence" as the security answer.

**Location:** The Centre for MindBody Health  
250 Eglinton Ave. W. Suite 200

*Ideal for people at a beginner or experienced level of practice with meditation, drumming or photography.*

For further information or registration please contact [Camilla@sharigeller.ca](mailto:Camilla@sharigeller.ca)



**" An experience of fun and playfulness and enjoyment throughout the whole workshop, while also experiencing community with others and a deepening and healing within myself."**



 Centre for  
MindBody Health

**Dr. Shari Geller, Ph.D., C.Psych.**, is an author, teacher, and clinical psychologist. She is the founder of the Therapeutic Rhythm and Mindfulness Program. Her publications include her recent book: [A Practical Guide for Cultivating Therapeutic Presence and Therapeutic Presence: A Mindful Approach to Effective Therapy](#) co-authored with Leslie Greenberg. Dr. Geller serves on the teaching faculty in Health Psychology at York University. She is the co-director of the [Centre for MindBody Health \(CMBH\)](#), in Toronto, Canada. <http://www.sharigeller.ca>



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Feb. 24 & 25th, 2018**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (H): \_\_\_\_\_ (C) \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Family Doctor: \_\_\_\_\_

Emergency Contact Name and Phone #: \_\_\_\_\_

Are you currently experiencing any mental, emotional or physical health issues?:

\_\_\_\_\_  
\_\_\_\_\_

Do you currently have an individual therapist, psychiatrist, or any other person helping you with mental or emotional health concerns?  Yes  No

If yes, please provide their name(s) and contact information:

\_\_\_\_\_

How did you hear about this retreat: \_\_\_\_\_

Please describe if you have had any experience with meditation or retreats you have attended:

\_\_\_\_\_

Please describe if you have had any experience with drumming or photography:

\_\_\_\_\_

Do you own a drum or intend to bring a drum to the retreat? \_\_\_\_\_

Please state what you hope to gain for yourself from this retreat:

\_\_\_\_\_

Any additional information you feel is important for us to better support your needs during this retreat:

\_\_\_\_\_