

Inward Bound Mindfulness Education *iBme*



Transformative Retreats for Teens

Pacific Northwest Teen Retreat

When: June 20th - 25th, 2015

Where: Cedar Ridge Retreat Center
Vernonia, OR

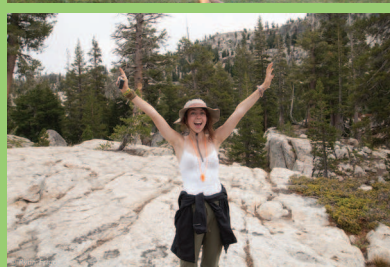


This retreat offers teens, age 15-19, a life transforming experience in the serenity of nature.



Come unplug and tune in! Participants on our retreats learn self-awareness, mindful communication, and techniques to calm and focus the mind - the foundations for success in all areas of life. We spend time each day learning mindfulness meditation - a scientifically proven practice that builds emotional resilience, inner strength and well being.

Teens also participate in small group discussions, yoga and creative workshops - including arts, nature, and mindful sports activities. And there's lots of free time to connect with new friends in a safe and accepting space. Many hesitant teens walk away saying it was one of the best experiences of their lives.



This retreat welcomes teens from all racial/ethnic groups, sex and gender identities, abilities, and religions. Mindfulness creates a foundation for conversations that support understanding and deepen our connection to one another.

Price: \$35-\$1250. Guideline is 1% of annual family income.

No teen has ever been turned away for lack of funds.

For more info or to register, please contact contact@ibme.info or (978) 254-7082

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