



DAN GUERRA
dan-guerra.com

Mindfulness Meditation Retreat



REBIRTH

Next Retreat: April 16, 2022

\$200 per person. 3 person minimum/6 person maximum.

Email: dan@dan-guerra.com to secure a spot!

This meditation retreat takes place in the Spring. The Spring season is a time for rebirth. During this time, one can observe that nature is teeming with potentiality for growth, change and many life-giving elements. We can begin to focus on and facilitate growth within ourselves as well. Our meditation will focus on rebirth and our potential for growth, change and personal development. We will enjoy observing the changes in nature that are so characteristic of this season.

Meet Up and Prep: 30 minutes

Morning Hike & Meditation: 2.5 - 3 hours

Yoga Nidra Session: 75 minutes



Dan Guerra, Psy.D. has practiced and taught mindfulness and mindfulness related practices for the past 20+ years across the globe in a variety of settings. He has conducted seminars and workshops among clinical populations, in primary education settings, at colleges and universities, and across corporate settings including some fortune 500 companies. His style of teaching is one that purposefully customizes the training to the experience level and needs of his audience. Dan uses humor, improvisational learning techniques, and play in his workshops and draws upon his doctoral level training in the areas of clinical psychology, behavioral medicine and neuroscience to deliver a robust and comprehensive experience.

Our retreats take place in and around Beacon, New York which is approximately 90 minutes by train from Grand Central Station, New York City. Beacon is also adjacent to the beautiful and majestic Hudson Highlands with easy access to beautiful mountain hikes and several bucolic, riverfront towns on The Hudson River. Access to award winning art museums like The Dia Beacon and Storm King Art Center, musical venues like Daryl's House, The Falcon, and The Town Crier as well as fabulous culinary choices such as Melzingah's, The Kitchen Sink, and The Roundhouse, abound.