



DAN GUERRA
dan-guerra.com

Mindfulness Meditation Retreat



Next Retreat: July 9, 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 Summer. The Summer season is characterized by ease, tranquility, and warmth. During this time, one can observe that nature itself is soaking up the warm rays of the sun and maximizing its potentiality. Nature is now nurtured by the season's heat, light, and steady, reliable temperatures and so are we. We are invited, in Summer, to take advantage of long periods of light, easeful, warm temperatures, and nutrients (like Vitamin D) provided by the sun. There is ample opportunity for increased activity. Our meditation will focus on ease, nurturance, and equanimity. We will enjoy observing the steadiness and stability in nature that is so characteristic of this season.

Energizing Yoga Nidra Session: 75 minutes

Meet Up and Prep: 30 minutes

Sun Setting Group Hike & Meditation: 2.5 - 3 hours



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.