



DAN GUERRA
dan-guerra.com

Mindfulness Meditation Retreat



Next Retreat: October 15, 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 Autumn. The Autumn season, characterized by harvest, allows us to tune into the fruits and benefits of the changes we've initiated during the beginning of this year. We can begin to observe within nature, changing temperatures, and a shedding and "dying off" of leaves, grasses, and light. So too, within our own experience, we may see past patterns begin to fall away and be pruned as we ready ourselves for a slowing down and more reflective time in life. Our meditation will be focused on the harvest and those areas of our life that have yielded productive and fruitful outcomes, however small. Sometimes, this year's crop may be bigger or smaller than last year's but it is all in service of furthering our life and growth. We will enjoy the changing colors of leaves, the cooling temperatures and the poignant smells and feel in nature that is characteristic of this season.

Meet Up and Prep: 30 minutes

Early 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.