



DAN GUERRA
dan-guerra.com

Mindfulness Meditation Retreat



Next Retreat: December 17, 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 Winter. The Winter season is a time for restoration. During this time, we are invited to turn inward and reflect. We can observe that nature, too, is slowing down and “deadening” to activity. Everything is in hibernation. If you are a person who typically shuns outdoor activity in Winter, this is a beautiful time to challenge that pattern and experience the intensity, rawness, and deeply quiet quality of reflection during this season in nature. When dressed appropriately, being outdoors on a Winter hike can provide a wonderfully immersive experience to prepare us for a season of slowing down, inner reflection, and rest. We will drop into the intensity of the cool temperatures, and enjoy the quietude, stillness, and reflective opportunities in nature that are so characteristic of this season.

Meet Up, Prep, and Clothing/Gear Check: 30 minutes

Brisk Hike & Short Meditation: 2.5 hours

Restorative Yoga Nidra Session: 90 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.