

## ***Mindfulness and Meditation Retreat***

Thursday, July 14th, 2016

through

Sunday, July 17th, 2016

*Presented by*

**Cedar Koons, LCSW**

Still Meadow Conference and Retreat Center

16561 SE Marna Road

Damascus, OR 97089

### **RETREAT DESCRIPTION**

The retreat is designed to provide time and conducive conditions for participants to focus mindfully in the moment with intention and nonjudgment.

This is a silent retreat, which means that you will be encouraged to eliminate all unnecessary talking. Sitting meditation takes place between 6 am and 9 pm in the meditation room. Sitting meditation will be conducted in 25 minute intervals with 5 minutes of walking after each interval. Rest times will include work assignments such as cleaning the meditation room, and common areas. There will be a daily talk by the leader, a communal morning walk, and time for stretching, yoga or walking each afternoon, on your own. Meals are also in silence, except for the opening dinner and final breakfast.

The retreat is an opportunity to leave behind activities that might interfere with focus on your practice such as reading, working on your computer, talking or texting on your cellphone. If you need to be in contact with family or others during the retreat please do so in such a way as to not disturb the practice of others.

### **WHO SHOULD ATTEND?**

This mindfulness and meditation retreat, sponsored by Portland DBT Institute, is a two and one half day event designed both as an introduction to sitting practice for new meditators and to provide a brief, formal retreat opportunity for regular practitioners of mindfulness meditation. This retreat is inclusive of many traditions but not affiliated with any one practice, religion or belief system. People of all religious and nonreligious backgrounds are welcome to attend.

**LEARN MORE AND REGISTER AT  
PDBTI.ORG**

### **ABOUT THE FASCILITATOR**

**Cedar Koons, MSW**



The retreat is led by Cedar Koons, MSW, a seasoned practitioner of mindfulness meditation and a student of Prem Rawat since 1974. Cedar is the author of *The Mindfulness Solution for Intense Emotions*, and also a DBT team leader, trainer and consultant. Cedar has assisted at retreats led by Marsha Linehan, Roshi. Cedar will give a daily talk on mindfulness and will respond to your questions both during daily Q & A and in daily opportunities for one on one interviews.

### **Details and Cost**

Registration fee includes meals, room and board for the duration of the Mindfulness Retreat.

Single room occupancy  
\$650

Double room occupancy  
\$600

Dorm room (i.e., 4 people/  
room) occupancy  
\$500



**Mindfulness & Meditation Retreat.**  
**July 14<sup>th</sup> through July 17<sup>th</sup>, 2016 with Cedar Koons, MSW**

Location: Still Meadow Conference & Retreat Center. 16561 SE Marna Road. Damascus, OR 97089

Registration fee includes meals, room and board for the duration of the Mindfulness Retreat. For additional information call Christopher Williams, at 503.290.3295 or email at [cwilliams@pdbti.org](mailto:cwilliams@pdbti.org)

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Single room occupancy	\$650.00 (food and lodging included)
Double room occupancy	\$600.00 (food and lodging included)
Dorm room (i.e., 4 people/ room) occupancy	\$500.00 (food and lodging included)

Please note that the facilitator, Cedar Koons, MSW, has requested that all participants stay on the premises of the retreat center to minimize possible distractions from the practice.

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Street Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Agency: \_\_\_\_\_ Affiliation: \_\_\_\_\_

Preference for occupancy:  Single room  Double room  Dorm room

If you prefer to share a room with another attendant(s), what is his/her or their name (s)?

\_\_\_\_\_

Do you have any food sensitivities/ allergies? If so, what are they? \_\_\_\_\_

Can we send you information regarding upcoming trainings?  Yes  No

Fax registration form with Visa/MasterCard/Discover payment to (503) 231-8153

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Payer Name and Email (if different from above): \_\_\_\_\_

*One week cancellation notice required. Late cancellations will be credited toward future workshops.  
\*In order to qualify for a group discount, all group registrations and payments must be received together.*

Mail registration form with check or money order payable to *Portland DBT Institute* to:  
Portland DBT Institute ATTN: Workshop Registration

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Portland, OR 97239

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