



Let's take some time to re-set, refresh and settle into life with a crisp sense of balance. This retreat is based on MBSR (Mindfulness-based Stress Reduction) using the power of the mind to:

Reduce Stress

Mitigate Pain

Calm and Balance Emotional Responses

Radiate Kindness

Regulate Body Temperature

It is time away to allow our minds to powerfully focus on ourselves in comfort, safety and peace at the beach.

Beachfront Location

What is it about the beach, the rhythm of the ocean waves, the gentleness of sparkling bay waters, the sun, and the aromas? What is it that appeals to our senses and sense of well being that calms us and helps us to re-set?

We will be off the grid. Beyond roles, titles and responsibilities, it's a sliver of time at the beach for you to focus on the essentials of mind, body and the powerful connection between them.

Why do sports icons, medical schools and billionaires embrace mindfulness?

Because they've learned it helps train the mind and body to react better to challenging situations, focus more clearly, and improves health and wellness.

Many agree....life depends on it.

**MBSR INSTRUCTORS WITH TEACHING CERTIFICATES FROM
PENN PROGRAM FOR MINDFULNESS**

For Retreat, it is helpful to bring:

Water bottle, yoga mat, cushion for sitting (chairs are available), comfy clothes in layers, blanket, gloves and shoes that can get sandy

KOKOMO

Strathmere, New Jersey

Our exclusive retreat experience will take place at a beachfront property called Kokomo in Strathmere, New Jersey.

Strathmere is a quintessential seaside village nestled between Ocean City and Sea Isle City. The town is rather quiet year round, even when other shore points are bustling. It's often touted the Outer Banks of NJ.

Our retreat property is located on the coveted Pointe of the Island offering beautiful bay and ocean views with gorgeous sunrises and sunsets. When weather is chilly, the sights and sounds of the sea can be capture from sweeping decks and cozy indoor spaces. There is a private beach path directly from the yard to the beach for brisk walks or tranquil meditations in the crisp, clean air.

Retreat: All welcome from novice to expert meditators. Mindfulness Instructors are trained in MBSR (Mindfulness-based Stress Reduction) with Teaching Certificates from PENN Program for Mindfulness.

Instructor: Suzette Margolis, MBSR

Meals: Breakfast, Lunch, Dinner, coffee, tea and snacks

Accommodations: Single, Double, Triple and Quad Occupancy Rooms available. Commuters welcome too. Rooms are assigned on a first-come, first-serve basis. Preferences for roommates should be noted on the registration form.

