# **Thanksgiving Archives - Technology for Mindfulness A Thanksgiving Retreat:**

# **A Day of Silence, Gratitude**

# **and Heartfulness**

**Hosted by The Mindfulness Center of Northern Michigan, LLC at**

**Whispering Waters Retreat Center and Bed and Breakfast**

*Join us at the lovely Whispering Waters Retreat Center along the Boardman River for a day of stillness, serenity and silence during this Thanksgiving Holiday as we pay special attention to all we are grateful for and take a closer look at the abundance of inner heartfulness and compassion we possess.*

 **Sunday, November 28th 2021**

 **8:30am - 4:00pm**

**2020 Sarns Rd. Traverse City, MI**

**Cost: $275**

**Register Soon** as retreat group size will be limited! **www.mindfulnesstc.com**

**\* Covid 19 vaccinations are required!** Please feel free to call 231-935-0355 for more information

Whispering Waters is a beautiful intimate retreat center and destination, located on a stunning bend of the Boardman River - complete with acres of wilderness, hiking trails, bubbling brooks, llamas and horses and of course wild life. Just 15 minutes from downtown Traverse City, Whispering Waters is far away from the hustle and bustle of the town - and is a quiet serene space to take in the smell of the fresh air and the beauty of the natural surroundings. Join us for this day of stillness and silence during the Thanksgiving Holiday as we pay special attention to all we are grateful for and take a closer look at the abundance of inner heartfulness and compassion we possess. We will be engaging as a small group in both guided and silent meditations, movement practices with space carved out for mindful walking and mindful eating.

[**REGISTER HERE**](/class-registration/)