

Trauma-Sensitive Mindfulness Retreat at Mepkin Abbey



with
Mark Dannenfelser,
MA, MPS, LPC

September 8-10, 2023
in-person & online

suggested donation

Online: \$100

In-person: \$400

Mindfulness practice is becoming increasingly popular, and many people who are turning to the practice also bring with them a history of trauma and anxiety. The majority of us will experience a traumatic event at some point in our lives, and 20% of us will develop post-traumatic stress. This means that anywhere mindfulness is being practiced, someone in the room is likely to be struggling with trauma. For some, traumatic stress and anxiety can be exacerbated by mindfulness and other meditative/contemplative practices, so it is helpful to practice mindfulness in a trauma-sensitive way. Join us for this 3-night retreat which will include mindfulness practice, brief talks, and conversation, silence, and space to experience the beautiful grounds and Mepkin Abbey church. This retreat is designed to offer mindfulness practice in a supportive place for those of us impacted by trauma, as well as for those who want to experientially explore using mindfulness to help trauma survivors.

Mark Dannenfelser, MA, MPS, LPC



Mark is founding director of the Mindfulness Center of Atlanta. He is a Certified MBSR Teacher, a licensed professional counselor, a certified spiritual director, and a registered yoga teacher. Mark is the Aquinas Center of Theology at Emory University's commissioned lecturer on Centering Prayer. He is program coordinator for Contemplative Outreach International.

for more info on Mark: <https://www.mindfulnesscenteratlanta.com/>