



**Mindful USC**  
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**RETREAT OVERVIEW**  
**Mindful USC Weekend Retreat**  
May 4-6, 2018

Join us for a weekend to practice mindfulness meditation in a beautiful natural setting on Catalina Island. We will spend the weekend in sitting and walking meditation, with ongoing guidance, lecture and instruction from the teachers. We will also have an opportunity to practice cultivating positive emotions, mindful speaking and listening, mindful eating, and experience the depth of solitude and stillness that can come through an extended period of practice.

Mindfulness is the art of paying attention to present moment experiences with openness and curiosity. This approach has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

The retreat will begin at 2pm on Friday afternoon and concludes after lunch on Sunday. Meals include supper on Friday; breakfast, lunch and supper on Saturday; breakfast and lunch on Sunday.

This retreat will be suitable for beginning or experienced students.

**Dates:** May 4-6, 2018

**Venue:** USC Wrigley Institute, Boone Center, Catalina Island, California

**Instructors:** Allen Weiss, Mark Miller, Beth Sternlieb

**Cost:** \$900 (Benefactor - single room), \$650 (single rooms), \$500 (double)

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### **General Retreat Information**

*How do I get to Catalina and the retreat location?*

The retreat will begin at 2pm on a Friday afternoon with a boat ride from Long Beach to Catalina and concludes after lunch on Sunday with a boat ride back to Long Beach.

*Are meals included?*

Meals include supper on Friday; breakfast, lunch and supper on Saturday; breakfast and lunch on Sunday. Meals are prepared by a professional food service staff at Wrigley.

*Is there a number where I can be reached in case of emergency during the retreat?*

Cell phone service is available in most of the retreat areas. The phone number for the retreat is (310) 510-4015.

## Residential Retreat Registration

*Can you save me a spot in a retreat?*

We cannot hold a spot in a retreat without application forms and payment.

## Retreat Format

*What is a typical retreat day like?*

The day usually will start at 6 AM with a morning meditation before breakfast. After breakfast and throughout the rest of the day, there will be alternating periods of sitting and walking meditations, possibly interspersed with some guided movement. Instructions will be given for sitting, walking and eating meditations.

Meals are eaten in meditative silence. One of the teachers will give a talk in the evening. There are small group meetings with the teachers periodically. The day usually ends between 9:30 and 10 pm; however, the meditation hall is always open for those who would like to continue their practice. Unless it's specified otherwise, all retreats are in silence.

*What are the small group meetings like?*

The small groups are a chance to check in with a teacher and discuss your practice and ask any questions you may have. Group interviews are with people of like experience to the extent possible.

## Accommodations/Food

*What are the accommodations like at the Wrigley Center?*

Sleeping accommodations are housed in two-story cottages. These simple, comfortable buildings have rooms that can be reserved as single or double occupancy. Since the retreat is mostly in silence we ask that romantic couples or close friends not room together in order to offer the best possible retreat experience for both partners.

All rooms have either their own or shared bathrooms. Bedding and towels are provided in all rooms.

*Can I have a single room?*

There are very few single rooms available, to be distributed at a higher cost, to those who register for them first.

*What do I do if I need a special food from home?*

You can bring your special food from home. Please note there is a minimum heating/serving charge for this service.

*Will coffee/tea be available during the retreat?*

Coffee and tea will be served during meal times.

## **What to Bring**

### *What should I bring to a retreat?*

The climate is changeable, so bring a variety of loose, comfortable, casual, layered clothing. Bring outdoor walking shoes as well as slip-on shoes. Bring hat and sunscreen in the spring/summer and/or rain gear in the fall/winter for outdoor walking. A flashlight is a good idea. In respect of some people's allergies and sensitivities, please leave behind any scented cosmetics (including “natural” scents). You may also want to bring a shawl. It's a good idea to bring ear plugs if you're sensitive to noise.

### *Do I need to bring my own bedding?*

Beddings and towels are provided in all rooms.

### *Do I need to bring my own meditation cushion?*

There are comfortable chairs and some couches for sitting. If you have your own meditation cushion and would like to use it, please bring it.

## **Financial Aid**

### *Is financial aid available?*

At this point, we are unable to offer financial aid. We are planning to offer financial aid for future retreats.

## **Retreat Cost/Payment**

Single – Benefactor: \$900

Single: \$650

Double\*: \$500

\*Double room- you will be paired with a roommate. Roommates are same gender unless you coordinate with another person to share a room.

### *What's included in the price of the retreat?*

The price of the retreat includes accommodations, boat transportation, all food, administrative support, and teacher support.

### *Can I pay by credit card?*

Yes. This option will be provided when you register for the event.

## **Cancellations**

There is a non-refundable cancellation fee of \$25 for all refunds.

- Full Refund: up to 4 weeks prior to the retreat (last date: 5pm, April 4, 2018)
- 50% Refund: up to 2 weeks prior to the retreat (last date: 5pm, April 20, 2018)
- No refund: no refunds after April 20, 2018



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Send an email to [mindful@usc.edu](mailto:mindful@usc.edu) if you need to cancel. Please let us know as soon as possible so others may participate in the retreat.

### **Getting To and From the Retreat**

We will be sending you detailed information about the boat that will take everyone to the retreat center.

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