



Meditative Inquiry with Sandra Gonzalez

sponsored by Fundación Foro and Springwater Center

An invitation to inquire into the present moment and remain in silence, deeply curious to the direct experience here and now and an opportunity explore the practice of mindfulness and deepen its potential for wisdom and insight.



Dates: Friday, October 13, 5:00 p.m. until Monday October 16 at 3:00 p.m.

Daily retreat schedule: From 6:00 a.m. until 9:00 p.m. activities include sitting meditation, walking meditation, yoga, meals, and rest. All activities are optional except for one hour of a mindful work assignment.

Location: Irenaika retreat center, located in Ingeniero Maschwitz, northwest of Buenos Aires.

Sandra Gonzalez has been leading mindfulness retreats for thirty years. Her expertise is facilitating silent inquiry, presence, and contemplative group dialogue in the tradition of Toni Packer at Springwater Center in upstate New York. (To learn more about about Sandra, go to: <https://www.springwatercenter.org/teachers/sandra-gonzalez/>).

For more information and registration: Email info@foromindfulness.com or visit our Facebook page: Power Mindfulness.
(Please note spaces are limited and reservations are effective only upon payment.)