

WAKING UP IN THE WILD: OCEAN

What would it be like to:

Hold a sense of steadiness in the midst of ever-changing external conditions;
Be present to constantly arising, moment-to-moment sensations, thoughts and emotions;
Be completely engaged and willing to be impacted by what is here;
Feel fully alive and connected with the miracle and majesty of the Pacific Ocean?

**Join us for this half-day retreat of exploration and experience:
bringing full presence of open senses, heart and mind,
surrendering to the awe of the Ocean's teachings of Waking-Up in the Wild.**

Sittin'-in-the-Waves is a meditation practice developed by Marianne Rowe.
Different from surfing, swimming or boogie-boarding,
this practice is focused on *being* rather than *doing* while in the water.
It is an amazing experience of exhilaration -- of being moved, splashed and spun-around --
and reclaiming balance of the body and mind.

So, grab a wetsuit (bring your own or you can rent one from Sunshine Freestyle Sports)
and join us for this opportunity to meditate in Monterey Bay.
After our time in the water, we'll enjoy a picnic lunch and each other,
as we share our perspectives, insights and experiences.

**Saturday, Sept. 10, 10am - 2pm
Asilomar Beach**

\$90 Early-bird registration until Aug. 20

\$110 after Aug. 20

(Non-participation Policy: No refunds)

See montereybaymeditation.com for details and registration

Facilitator: Marianne Rowe is a Licensed Marriage and Family Therapist, Meditation Teacher, and Lifelong Lover of the Ocean. She is the Founder of Mindful Education Project and Co-founder of Monterey Bay Meditation Studio. www.mariannerowe.net



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