

Middle Way Meditation

The Middle Way Meditation method is known for its ease and simplicity. Relax the body, relax the mind and gently focus at the center of the body.

This retreat is suitable for beginners and experienced practitioners. Learn the basics of mindfulness meditation and how to deepen your practice.

Through meditation you will find that the greatest happiness lies within yourself. You cannot attain inner peace for others and others cannot attain it for you. This is the truth of life. You must do it for yourself. Embrace this simple, relaxed meditation technique that can be used by people of all faiths, regardless of nationality or race, to attain inner peace and happiness.

Suggested Donations

Friday \$25, Saturday \$65 , Sunday \$45

3 Day Retreat - \$110 (Meals not included)

Overnight Stay at the Grand

Discounted Group Rate!

\$195 per night

Fits 1-4, excludes tax, srv fee

Regular rate \$319/night

Only 10 discounted rooms available

RSVP Today!



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grandhotelretreat.weebly.com

meditationcenterofalabama.weebly.com

[Facebook.com/meditationcenterofal](https://www.facebook.com/meditationcenterofal)

happiness072@gmail.com, 251-214-2080

World Peace
Through
Inner Peace!

Retreat Schedule

Day 1



5:30pm – Orientation

6pm – **Gentle Stretch**

6:30-8pm – **Meditation & Wisdom**

Day 2

8:15am – **Moving Meditation**

9-11am – **Meditation & Wisdom**

11am-12:45pm – Lunch Break

12:45-1:30 pm – **Gentle Stretch**

1:30-2:30pm – **Meditation & Wisdom**

2:30-3:30 – **Peace Discussion**

6:30-8pm – **Global Light of Peace**

Day 3

8:15am – **Gentle Stretch**

9-11am – **Meditation & Wisdom**

11am-1pm – Lunch Break

1-3pm – **Meditation & Wisdom**

3 Day Mindfulness

Meditation Retreat



Grand Hotel

Feb 18-20

One Grand Blvd, Point Clear, AL 36564

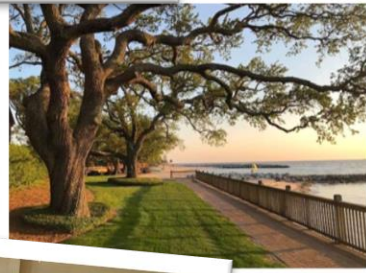
Meditation Center of AL

Meditation Instructor



3 Day Meditation Retreat *Inner Peace Vacation*

Mindful Living
& Wisdom



Benefits of a Meditation Retreat

- ✓ Fully Relax & Recharge
- ✓ Unplug & Detox your Mind
- ✓ Learn to meditate
- ✓ Deepen your practice
- ✓ Life changing Wisdom
- ✓ Knowledgeable Instructor
- ✓ Trained Mentors
- ✓ Like-minded individuals
- ✓ Connect with nature



Venerable Klint Kunachawo was born and raised in the United States. Grew up learning and practicing Buddhism and meditation from a young age. Until finally making the choice and ordaining as a monk since January 5, 2010. He now teaches meditation at the Dhammakaya International Meditation Center in Fanwood, New Jersey. While ordained as a monk he studied at Drew University and got a Bachelor Degree in Psychology. He continues to practice meditation and does his best to help those around him and share happiness and peace to the world one person at a time.