



UK Retreat for Young People

RESIDENTIAL MINDFULNESS RETREAT FOR AGES 15-19

28 JULY - 2 AUGUST 2019 | Tenterden, Kent

Aware. Authentic. Connected.

The iBme Retreat Experience:

Learn in-depth mindfulness practices from leading teachers through guided meditations, movement exercises, and dynamic workshops.

Cultivate enhanced self-awareness, empathy, mental focus, and skillful communication.

Develop mindfulness for creative self-expression and ecological understanding.

Deepen skills of compassion and social justice for our communities & the natural world.

iBme welcomes and celebrates human diversity in all forms regardless of race, color, ethnicity, sex, sexual orientation, gender identity or expression, national origin, ability, personal appearance, or religious/spiritual affiliation.

Funding available:

No young person has ever been turned away for lack of funds.

“ I couldn't
recommend
the retreat
highly enough.
Hana, Aug 17

To Learn More, Visit:
www.ibme.org.uk