



Inward Bound  
Mindfulness

northeast  
teen retreat

“The most important thing I learned is that we all have our own strengths, and it’s important to hold space for everyone to share their story; so really, how to use compassion in the real world.”

— teen, mindfulness retreat

Inward Bound Mindfulness welcomes teens to a mindfulness community where teens just get to be themselves while learning lifelong mindfulness skills.

come for the fun and friends.  
stay for the calm and community.

 inwardboundmind

northeast mindfulness teen retreat  
july 14th–19th  
charlton, ma

- sliding scale tuition
- scholarships available
- for teens 15-19 years old

[inwardboundmind.org/teens](https://inwardboundmind.org/teens)