



mindfulness retreats

a rare opportunity for
young people to gain
genuine insight into their
life experience through
the refuge of retreat

🌐 inwardboundmind.org
📷 [/inwardboundmind](https://www.instagram.com/inwardboundmind)



elements of mindfulness retreats

guided meditation

relational mindfulness, mindful walking, loving kindness, and more; all levels of experience welcome

small groups

laugh in good company, embrace vulnerability, share stories, connect sincerely

daily workshops

designed day-to-day, workshop options resonate with the interests of those on retreat

hanging out

every day of retreat offers ample time for attendees to forge friendships, hang out, and build community

wisdom talks

given by mindfulness teachers, wisdom talks spotlight mindfulness skills for navigating life

nature walks

daily mindfulness walks give attendees a moment to immerse in nature and take in the scenery

celebratory dance party

a retreat tradition, the closing dance party is for everyone to be themselves and just have fun

morning yoga/movement

move and release through guided daily mindful movement suited for all levels of experience



mindfulness is our passion

Inward Bound believes mindful teens & young adults are integral in building future generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with compassion, focus, and resiliency – for themselves, their communities, and the natural world.

our mission

We provide in-depth, relational mindfulness programming for teens, young adults, and the adults who support them. Our programs support participants to practice compassion, deepen self-awareness, and embrace their inner wisdom — empowering every individual with lifelong mindfulness skills.



benefits of a mindfulness retreat

find your center

gain tools to deepen understanding of your inner life. apply skills for navigating your thoughts and emotions.

make happiness easier

learn how to release tension, pain, shame, and self-judgment through the practice of mindfulness.



share who you are

authentically share who you are. sincerely lean into your sense of self. genuinely connect with fellow humans.

attend a retreat

Explore upcoming retreats: inwardboundmind.org/calendar



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