

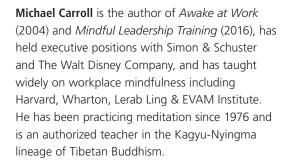


Michael Carroll

Livelihood offers us countless opportunities to express our creativity, build fulfilling relationships, and contribute to our world. Yet research reveals a disturbing fact: going to work can often be downright unhealthy. Rather than leaving work feeling fulfilled and creatively inspired, many of us find ourselves feeling frustrated, driven, even besieged, by a workplace that is distressing – at times even toxic. Such circumstances present us with a beguiling modern day paradox: how can we creatively contribute to our world in the midst of conflict, frustration, and speed?

During this retreat we will explore this paradox and delve into how mindfulness awareness meditation can help us recognize workplace challenges as spiritual invitations to wake up and lead an uplifted, noble life on and off the job.

Tuition \$195 + 2 nights





Two hours from Denver, our 600 acre, mountain valley facility provides an ideal environment for meditation, yoga, retreats, and conferences.

For more information, registration or to request a free catalog: www.shambhalamountain.org | (888) 788-7221