

2nd Annual  
**Where Mindfulness  
Meets Intentional  
Living Retreat**

*Join our 23-25 May 2025 retreat at the  
stunning Retreat House on  
Collingwood's escarpment for an  
engaging weekend of mindfulness, self-  
discovery, yoga, and intentional living.*



**We're back for a second year!**  
**Where Mindfulness Meets Intentional**  
**Living returns 23-25 May 2025 (not the long  
weekend!) at the Retreat House in  
Collingwood, Ontario.**

After an incredible first retreat, we're bringing it back  
—offering another immersive weekend designed to  
help you slow down, reflect, and move forward with  
greater clarity and purpose.

As a teacher and trainer at Lumen Mindfulness, I'll  
guide you through practical mindfulness techniques to  
help you cultivate presence, resilience, and focus.  
You'll gain real tools to integrate mindfulness into  
your daily life, both personally and professionally.

Joining me once again is my lifelong friend Carolyn  
Buccongello of Lighthouse Career Solutions. Through  
her thoughtfully designed workshops, you'll pause to  
take stock, uncover what you value most right now and  
leave with some light and easy ideas to live more with  
intention.

Like last year, Intentional Living workshops will be  
woven throughout the retreat. But this year, due to  
demand, we're also offering an optional add-on deeper  
dive into this work on Sunday morning for those who  
feel called to go further. This session is designed  
especially for people in their 50s and 60s who may be  
exploring life beyond their career. It's a nod to Carl  
Jung who said 'the afternoon of human life must have a  
significance of its own and cannot be merely a pitiful  
appendage to life's morning'. If you're excited or  
terrified about "who you might be" without work, this  
session is for you. (Additional cost: \$150 per person.)



Beyond workshops, you'll have time to  
recharge. Enjoy yoga, Qigong mindful  
movement, guided meditation, nourishing in-  
house vegan meals, a nature hike, and peaceful  
moments to reflect—all set against the stunning  
backdrop of Blue Mountain.

**Pricing:**

- from \$800 per person, 2 per room (great for friends)...with limited private room options are available, enquire for pricing
- includes accommodations at the stunning Retreat House, all meals, workshops and sessions, yoga, Qigong, and guided meditation.
- \$150 additional fee for optional Intentional Living Deeper Dive workshop on Sunday morning

Think of this as an investment in yourself—an  
opportunity to step away, reset, and leave  
feeling re-energized, aligned, and ready for  
what's next.

Spots are limited, so please email me at  
[Brian@LumenMindfulness.ca](mailto:Brian@LumenMindfulness.ca) today for details.