

Cultivating Well-Being & Joy at The BoatHouse RB for Attendees

A DAY OF MEDITATION TO MAKE SPACE FOR JOY

Day/Date: Saturday, April 5, 2025

Time: 11:00am to 3:30pm

Location: The BoatHouse RB, 34 Shrewsbury Avenue,
Red Bank NJ 07701

Join us for a beautiful spring day spent Cultivating Well-Being and Joy as we look out over the river and practice in silence to cultivate well-being and joy. Organized and offered by graduates of the Mindfulness Meditation Teacher Certificate Program, we will share seated meditation, walking meditation, a dharma talk and more. By the end of the day, we all hope to feel more relaxed. Most importantly, we hope to develop some ideas to help bring more well-being and joy to our interesting lives.

Our location for this retreat, The BoatHouse RB, provides a large room, kitchenette (refrigerator and microwave), multiple bathrooms, chairs, a couple of tables, outdoor decks, a view of the river. There is a flight of stairs to get to the room and one must use the stairs to get to restrooms. If this presents a difficulty for anyone, please let us know so that we can determine how to assist you. There is parking available on the site and the building is a 5 minute walk from the Red Bank Train Station.

The building is beautiful and it is near the above-mentioned train tracks. This may be a consideration for some as it will offer the opportunity to accept what is throughout the day as we hear the trains pass.

What to bring - we suggest you bring what you need to be comfortable - yoga mat, meditation cushion, blanket, water bottle, coffee in a thermos, lunch and snacks. There is a refrigerator where lunches can be stored, if needed. There is water and ice available from the refrigerator and the tap. Kettles will be available for making tea if that is a preference. There is a lunch break and there will be time to unwrap and prepare your lunch. Then we will have a brief talk about mindful eating and finally, we will eat and clean up.

There will be chairs available in the room for our comfort. There may be a couple of extra yoga mats and a bolster but there is not much "equipment" provided, so plan accordingly. We want everyone to be as comfortable as possible in order to focus on mindfulness and meditation.

The day will include sitting, walking, movement and mindful eating - all in silence - with an opportunity to share at the end of the day once we break noble silence.

Please wear comfortable clothing and bring layers as needed to be comfortable. There will be an opportunity to turn off your cell phones for the day. This may not be possible for everyone and we encourage you to think about how you might arrange things so that you can disconnect for the time that you are participating in the retreat. We will be in noble silence, except for teachers, for most of the day. If you are not familiar with the term noble silence, this practice asks us to abstain from all forms of communication including physical expressions or gestures as well as reading or writing. We are looking forward to sharing a day of quieting our minds and deepening our practice, and cultivating well-being and joy.

The teachings and this retreat are offered freely. We will provide a brief discussion of Dana at the end of our time together and encourage you to practice generosity and make a donation that will help us create more opportunities to gather and meditate.

Please direct any questions to event@iamhumming.com.

Please arrive at least 15 minutes before the start to allow time for setting up and getting comfortable. The room will be open to us at 10:30am.

We are looking forward to welcoming you.

The teacher team,

Barbara Reid, Ana Grosse, Dawn Mazzeo, Ingrid Ducmanis and Jennifer Eisenman.