

INWARD BOUND  
*iBme*  
MINDFULNESS EDUCATION

Transformative Retreats for Teens



## Nashville Teen Weekend Retreat

When: September 26th - 28th, 2014

Where: Deer Run Retreat Center  
Thompson's Station, TN

**This retreat offers teens, age 14-19, a life transforming experience in the serenity of nature.**

Come unplug and tune in! Our retreats teach teens the basics of self-awareness, mindful communication, and techniques to calm and focus the mind - the foundations for success in all areas of life. We spend time each day learning mindfulness meditation — a scientifically proven practice that builds emotional resilience, inner strength and well being.

Teens also participate in small group discussions, yoga and creative workshops - including arts, nature, and mindful sports activities. And there's lots of free time to connect with new friends in a safe and accepting space. Many hesitant teens walk away saying it was one of the best experiences of their lives.

*To learn more about the daily schedule, our staff, and mindfulness meditation, please visit: [www.ibme.info](http://www.ibme.info). Our staff, teen alumni, and parents are also happy to answer your questions.*

*“My whole outlook on life was changed. It was an awesome experience. I would encourage any teen to come here.”*

*Josh, Retreat Participant (Age 15)*

Price: \$345 - Scholarships are available  
No teen has ever been turned away for lack of funds  
For more info or to register, please contact [Jessica@ibme.info](mailto:Jessica@ibme.info) or (202) 415.6299

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