



The Power of Mindfulness

**A Transformative Retreat
for Leaders and Innovators in Business
and Non-Profit Organizations**

Conducted by
Jon Kabat-Zinn

Fall: October 1 — 6, 2009

**Menla Mountain Retreat
Phoenicia, New York**

*Bringing
awareness and
insight to the
business of
life and the
life of business*

Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
www.umassmed.edu/cfm/pom

MEDITATION IS NOT FOR THE FAINTHEARTED, NOR FOR THOSE WHO ROUTINELY AVOID THE WHISPERED LONGINGS OF THEIR OWN HEARTS.

IT IS FOR INDIVIDUALS INTERESTED IN THE ADVENTURE AND CHALLENGES OF SELF-EXPLORATION AND TRANSFORMATION, FOR THOSE WHO WISH TO TASTE AND EXPLORE NEW WAYS OF KNOWING AND NEW WAYS OF BEING – NOT SOMEONE ELSE'S BUT ONE'S OWN, DEVELOPED BY LISTENING MORE CAREFULLY TO ONE'S OWN MOMENT-TO-MOMENT EXPERIENCE. THESE NEW WAYS OF KNOWING AND BEING CAN MAKE A HUGE DIFFERENCE IN ONE'S LIFE AS A LEADER, AN INNOVATOR, A CREATOR, A PERSON EMBEDDED IN THE WARP AND WOOF OF PERSONAL, FAMILY, AND PROFESSIONAL LIFE.

THIS FIVE-DAY INTENSIVE RETREAT FOR LEADERS AND INNOVATORS IN BUSINESS AND NON-PROFIT ORGANIZATIONS IS AN INVITATION TO VENTURE ON THIS JOURNEY IN THE COMPANY OF A SMALL, SELECT GROUP OF OTHER LEADERS WHO ARE ALSO LOOKING FOR NEW WAYS OF KNOWING AND OF BEING. THE RETREAT WILL BE CONDUCTED BY DR. JON KABAT-ZINN, FOUNDING DIRECTOR OF THE STRESS REDUCTION CLINIC AND OF THE CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY AT THE UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL.

MINDFULNESS IS BEST DESCRIBED AS MOMENT-TO-MOMENT, NON-JUDGMENTAL AWARENESS. IT IS OFTEN SPOKEN OF AS “THE HEART” OF BUDDHIST MEDITATION. HOWEVER, ITS ESSENCE IS UNIVERSAL AND DOES NOT HAVE TO BE LEARNED OR PRACTICED WITHIN A BUDDHIST FRAMEWORK. MINDFULNESS IS CULTIVATED BY PAYING ATTENTION TO THOSE ASPECTS OF OUR BODIES, OUR MINDS, AND OUR LIVES THAT WE SO OFTEN MOST TAKE FOR GRANTED – FROM OUR OWN BREATHING AND BODY SENSATIONS TO OUR PERCEPTIONS, OPINIONS, AND EMOTIONS, AND THOSE OF OTHERS. THE PRACTICE OF MINDFULNESS CAN BE PROFOUNDLY TRANSFORMATIVE AND HEALING AND MAKE IT EASIER FOR US TO EXPERIENCE THE WEB OF INTERCONNECTEDNESS IN WHICH WE LIVE AND WORK. IT CAN GIVE RISE TO GREATER INSIGHT AND CLARITY, AS WELL AS GREATER EMPATHY FOR ONESELF AND OTHERS. MINDFULNESS CAN HELP US BE MORE IN TOUCH WITH OUR OWN DEEPEST AND MOST TRUSTWORTHY MORAL AND ETHICAL INSTINCTS, REMINDING US AND GROUNDING US IN WHAT IS MOST IMPORTANT IN OUR OWN LIVES, AND IN THE LIVES OF THOSE WE MOST LOVE AND CARE FOR.



IN THIS ERA OF MOUNTING FLUIDITY, UNCERTAINTY, AND RAPID CHANGE, AGAINST THE BACKDROP OF AN INCREASING RECOGNITION OF THE INTERCONNECTEDNESS AND INTERDEPENDENCE OF THE GLOBAL MARKETPLACE AND THE GLOBAL VILLAGE, A DEEP GROUNDING IN MINDFULNESS CAN HELP BUILD MORE COHERENT, COHESIVE, AND EFFECTIVE COMMUNITIES OF PURPOSE AND VALUE WITHIN THE WORK ENVIRONMENT. IT CAN ALSO LEAD TO AN IMPROVED CLIMATE FOR PROBLEM IDENTIFICATION AND PROBLEM SOLVING, AND WISER AND MORE EFFECTIVE POLICY DECISIONS, THUS MAKING WORK MORE SATISFYING, BOTH FOR OURSELVES AND FOR THOSE WITH WHOM WE WORK.

Training in mindfulness takes the form of learning to enter and dwell in states of deep relaxation and awareness, and learning to bring these qualities into every aspect of our personal and professional lives. Ultimately, the stress reducing aspects of meditation and the deepening capacity for insight and transformation it calls forth are inextricably intertwined and emerge from the same source, one's own capacity to reside in stillness and non-doing with alert attention, an intention to suspend judgment, and a willingness to be open-hearted and open-minded toward oneself.

The Power of Mindfulness Retreat, first offered in 1998, is an outgrowth of the Stress Reduction Clinic at the University of Massachusetts Medical School (UMMS). The Clinic, founded in 1979, is the oldest and largest mind-body clinical program of its kind in the country. It was prominently featured in the PBS Special, "Healing and the Mind," with Bill Moyers. The Clinic is also the subject of the bestselling books, *Wherever You Go, There You Are* and *Full Catastrophe Living* by Jon Kabat-Zinn and *Heal Thy Self* by Dr. Saki Santorelli, current Executive Director of the Center for Mindfulness and of the Stress Reduction Clinic. In the past 30 years, more than 17,000 individuals from all walks of life have taken the stress reduction program at the Medical Center. In recent years, the Mindfulness-Based Stress Reduction (MBSR) program pioneered at UMMS has been adapted for groups as diverse as corporate clients, attorneys, judges, clergy, and Olympic and professional athletes, including the Chicago Bulls and the Los Angeles Lakers basketball teams. MBSR has also spread to medical centers and clinics around the world.

The Power of Mindfulness Retreat at Menla Mountain — simple elegance surrounded by National Forest in the Catskill Mountains of New York State — adapts the UMMS program to this natural setting and directly addresses the specific personal and professional needs and unique circumstances of individuals in leadership positions within organizations large and small.

"We can make our minds so like still water that beings gather about us that they may see, it may be, their own images, and so live for a moment with a clearer, perhaps even with a fiercer life, because of our quiet." **WB Yeats**

Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.

A Taste of Mindfulness

*Have you ever had the experience of stopping so completely,
of being in your body so completely,
of being in your life so completely,
that what you knew and what you didn't know,
that what had been and what was yet to come,
and the way things are right now
no longer held even the slightest hint of anxiety or discord?
A moment of complete presence, beyond striving, beyond mere acceptance,
beyond the desire to escape or fix anything or plunge ahead,
a moment of pure being, no longer in time,
a moment of pure seeing, pure feeling,
a moment in which life simply is,
and that "isness" grabs you by all your senses,
all your memories, by your very genes,
by your loves, and welcomes you home.*

Such moments and the strength that comes from them are possible to experience. In fact, they are readily accessible to us, twenty-four hours a day, seven days a week, if we learn to listen and to attend. This perpetually present invitation to wake up to ourselves and to life is the challenge and the gift of mindfulness. It welcomes us back to who we always have been and who we are now, and what we deeply know or sense, a truth underneath and beyond thinking, beyond biography, beyond our story line and inner PR, beyond the outer trappings and traps of name and form, power, status, roles, and problems. It is never farther than a breath away, nay, a fraction of a breath, coupled with remembering.

It is this remembering that we revive in ourselves, that we bring back to life through the practice of mindfulness. In the process, we bring all of life's possibilities, its beauty, its ecstasy, its terror, and its mysteries back to ourselves.

Henry David Thoreau said: "To affect the quality of the day, that is the highest of arts." How much are our days consumed, eaten up in the press of what needs doing? How much do we lose of ourselves in the process?

Thoreau extolled the power of mindfulness this way: "I went to the woods because I wished to live deliberately, to front only the essential facts of life and see if I could not learn what it had to teach and not, when I came to die, discover that I had not lived." The invitation and the challenge of a mindfulness retreat is to make ourselves available for just that learning of what life itself has to teach us when we become slow enough and quiet enough to listen, to know what we are feeling and what we are faced with, to examine, to inquire, to attend, to simply be. It is an occasion for one's true genius,



one's truest self, to emerge and flower in safety, in beauty, and in the company of others whose longing draws them to this same listening. It is a time out of doing, a time of being, a time of reconnecting to soul threads that may have thinned as we pursued full-bore one part of our calling, and in the process, perhaps, lost track of other equally true and important aspects of our being.

In this fast-paced society of no time, when we seek solace and comfort, clarity and connection, insight and peace of mind, when we wish for greater energy reserves to draw upon, we often hope to acquire them in no time, on the fly, a quick idea to be gulped down, a new insight, a technique, a wonder pill. This is all fantasy. If we never learn to stop and listen deeply to ourselves, if we never take a time which is truly for ourselves, a time out of time, how likely is it that we will have a chance to taste something deeper and truer than what we already know and that in some way is incomplete or no longer feeds our heart?

That is why this retreat is five days and not one or two or three. Five days is a lot of time, but it takes time to land, to let the mind settle, to let the body remember what it is to have no place to go and no work to do, to simply be where it is. This is always time we never have — unless we reclaim it as our own.

There is always something worthy or annoying but unavoidable, always something pressing to fill our time or prevent us from listening to, befriending, and trusting the whispered voices of our own heart and soul. The learning that can unfold in these five days propels its own continued growth — not uncommonly, for the rest of one's life — once you've had a taste of mindfulness in this setting and see how it might be cultivated. The ongoing cultivation of mindfulness provides a deep and reliable source of nourishment, clarity, and balance from moment-by-moment and from day-to-day in the midst of what Zorba the Greek called *the full catastrophe*.

Benefits of Mindfulness Training:

- * greater integration of your doing life with your being life
- * increased access to emotional intelligence for work and family
- * enhanced clarity and creative thinking
- * greater receptivity to what you most don't know and may least want to see
- * time; time for the rest of you, perhaps the best of you, to "catch up" with your accomplishments
- * deeper insight into professional and social situations and their connection to wise livelihood and meaningful work
- * increased energy and sense of well-being
- * heightened appreciation of what is really important
- * a more refined sense of how you want to be as you pursue your life's calling
- * a greater sense of what paths may need to be walked before you die

The program will begin on Friday at 6:00 PM, and will conclude at 11:00 AM on Wednesday. It will be held at Menla Mountain Retreat,* located three hours north of New York City, at the foot of Pantherkill Mountain, in a secluded valley that has been a source of renewal and inspiration for over a century. The natural beauty of the valley's exquisite landscape combined with the intimate, simple elegance of Menla Mountain Retreat provides an ideal setting for *The Power of Mindfulness Retreat*. A maximum of thirty-five participants will be accepted.

Retreat cost: (see enclosed registration form)

The fee for this 5-day *Power of Mindfulness Retreat*, including accommodations (single occupancy) and gourmet meals is \$4,650.

Early Registration: \$3,950

Retreat revenues help support the clinical programs and research activities of the Center for Mindfulness.

*For information about Menla Mountain Retreat www.menla.org/

The Schedule

of the retreat will be intensive, and will include:

- ✿ early morning meditation at 6:00 AM
- ✿ periods of guided and silent meditation and yoga practice throughout the day
- ✿ periods of collective inquiry and dialogue
- ✿ extended periods of silence
- ✿ gourmet meals, prepared and eaten mindfully

Retreat Goals

- ✿ to experience firsthand a deep degree of stillness of mind and body
- ✿ to experience firsthand a deep degree of moment to moment, non-judgmental, non-reactive awareness
- ✿ to learn how to reliably cultivate and sustain mindfulness over time through a range of different individual and group experiences
- ✿ to taste your own essentially limitless capacity to generate imaginative, effective, authentic, and appropriate solutions along the lifepath of a company, an organization, or for yourself
- ✿ to have transformative and healing moments of deep satisfaction, pleasure, and insight along the way, doing all of the above
- ✿ to carry home the heart of mindfulness practice

*Not known, because not looked for
But heard, half-heard, in the stillness
Between two waves of the sea.
Quick now, here, now, always –
A condition of complete simplicity
(Costing not less than everything)*

T.S. Eliot, Four Quartets

**“Ten years ago...
I turned my face for a moment
And it became my life.”**

*Anonymous AT&T executive
(in: David Whyte, The Heart Aroused)*



Course Instructor:

JON KABAT-ZINN, PH.D. is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is also the founding director of its renowned Stress Reduction Clinic and Professor of Medicine emeritus at the University of Massachusetts Medical School. He teaches mindfulness and Mindfulness-Based Stress Reduction (MBSR) in various venues around the world. He received his Ph.D. in molecular biology from MIT in 1971 in the laboratory of Nobel Laureate, Salvador Luria.

He is the author of numerous scientific papers on the clinical applications of mindfulness in medicine and health care, and of a number of books for the lay public: *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Delta, 1991); *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* (Hyperion, 1994); *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* (Hyperion, 2005); *Arriving at Your Own Door: 108 Lessons in Mindfulness* (Hyperion, 2007); and *Letting Everything Become Your Teacher* (Random House, 2009). He is also co-author, with his wife Myla, of *Everyday Blessings: The Inner Work of Mindful Parenting* (Hyperion, 1997); and with Williams, Teasdale, and Segal, of *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford, 2007). Overall, his books have been translated into over 30 languages.

His major research interests have focused on mind/body interactions for healing, clinical applications of mindfulness meditation training, the effects of MBSR on the brain, on the immune system, and on healthy emotional expression while under stress; on healing (skin clearing rates) in people with psoriasis; on patients undergoing bone marrow transplantation; with prison inmates and staff; in multicultural settings; and on stress in various corporate settings and work environments. His work in the Stress Reduction Clinic was featured in Bill Moyers' PBS Special, "Healing and the Mind" and in the book of the same title, as well as on Good Morning America, the Oprah Winfrey Show, and NPR. It has contributed to a growing movement of mindfulness into mainstream institutions such as medicine and psychology, health care and hospitals, schools, corporations, the legal profession, prisons, and professional sports.

He has trained groups of CEOs, judges, members of the clergy, and Olympic athletes (the 1984 Olympic Men's Rowing Team) and congressional staff in mindfulness. The Stress Reduction Clinic has served as the model for mindfulness-based clinical intervention programs at over 200 medical centers and clinics nation-wide and abroad.

Dr. Kabat-Zinn has received numerous awards over the span of his career. He is a founding fellow of the Fetzer Institute, and a fellow of the Society of Behavioral Medicine. He received the Interface Foundation Career Achievement Award (1994); the Art, Science, and Soul of Healing Award from the Institute for Health and Healing, California Pacific Medical Center in San Francisco (1998); the 2nd Annual Trailblazer Award for "pioneering work in the field of integrative medicine" from the Scripps Center for Integrative Medicine in La Jolla, California (2001); the Distinguished Friend Award from the Association for Behavioral and Cognitive Therapies (2005); an Inaugural Pioneer in Integrative Medicine Award from the Bravewell Philanthropic Collaborative for Integrative Medicine (2007); and the 2008 Mind and Brain Prize from the Center for Cognitive Science, University of Torino, Italy.

He is the founding convener of the Consortium of Academic Health Centers for Integrative Medicine, and serves on the Board of the Mind and Life Institute, a group that organizes dialogues between the Dalai Lama and Western scientists to promote deeper understanding of different ways of knowing and probing the nature of mind, emotions, and reality. He was co-program chair of the 2005 Mind and Life Dialogue: The Clinical Applications of Meditation, held in Washington DC.

“My life has been blessed with amazing experiences and events. But without a doubt THE most personally transforming and rewarding was my five days at the Power of Mindfulness Retreat.”

*Congressman Tim Ryan
United States House of Representatives*

“The gifts offered by the retreat continue to sustain my soul and enliven my capacities to take next steps.”

*Katherine Zappone
Irish human rights advocate and educator*

“When I find myself getting stressed out, I now am able to return to that place of calm found on the retreat, where I could hear the sound of the stream flowing and regain a sense of peace. This combined with meeting some amazing people made the retreat a truly fulfilling experience.”

*Steven Tallman, Partner
Bain and Company*

“My experience was profound. I came away more deeply committed to the practice of mindfulness because both intuitively and experientially I know it significantly enhances all aspects of my life.”

*Dennis McGillicuddy, Chairman
Coaxial Communications, Inc.*

“I went to the retreat thinking it would be a restful and restorative time. I had no idea that it would elicit a fundamental change in my life focus. Sitting quietly, emptying the chaos from my spirit, gave me moments of such clarity that intuitive truths about the course of my life became suddenly impossible to ignore.”

*Jeanne Farr, Vice President
Albertina Kerr Centers*

“The retreat and my meditation since then have helped me to approach each day more calmly with clearer priorities.”

*Peggy Dulany, Founder and Chair
The Synergos Institute*

“A time out for five days with a group of motivated people who have a common interest in improving their lives, their businesses, and the world.”

*Campbell T. Gerrish, Founder and Principal
Winged Keel Group, Inc., New York, N.Y.*

“The retreat fundamentally enhanced my ability to deal effectively with ambiguity, change, and all kinds of challenges throughout the day, and I am closer with the people around me.”

*Rainer J. Schätzle, Head Group Compensation & Performance Management
Zurich Financial Services*

“The Retreat took me to a place where I haven’t been for a long, long time (and forgot even existed). A place in my heart where I could be truly still, in the present moment, with complete awareness and acceptance of the way things are . . . a place from which to reconnect with what is most important in my life. The power of the Retreat is subtle, enduring, and ultimately life changing.”

*Mark Roeder, Global Head of Branding
Zurich Financial Services*

“I find myself constantly going back to that place of comfort and tranquility I discovered through the Retreat. Wherever I am — during a stressful work day, waiting in a traffic jam, or any time I feel pulled in different directions — I know that I can go on ‘retreat’ and touch base with my being in a way that makes my life more healthy, happy, and productive.”

*Judy Wicks, Owner, White Dog Cafe
Chair, Social Venture Network Advisory Board*

“The effect of these five days will be a lifelong transforming experience.”

*Eva Foldvari, Senior Program Manager
Open Society Institute – Budapest, Hungary*

**STRESS REDUCTION CLINIC
CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY**

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