

Mindfulness

Path to Sustainable Living

David B. Sutton, Ph.D.



"If you are depressed you live in the past,
If you are anxious you live in the future,
If you are at peace you live in the present."

— Lao Tzu

Renewal Retreat at Sky Valley

At Sky Valley we want to provide a place to remember, a place of renewal for people who wish to bring about positive changes in their lives.

Our beautiful courtyard accommodation in the serene traditional Bai countryside provides the opportunity to become part of a community where one can explore life with like-minded individuals in the relaxed, supportive atmosphere of well-planned activities and exceptional natural environments. Ours is a learning community where guests and staff, as co-learners, seek a way to change their experience of life, by releasing our minds from everyday preoccupations, we are free to gain a broader perspective on what our lives are really all about.

Amidst the clamor, confusion and rapid change of today's world, there is a pervasive sense that something is missing. The rational and objective stance that science and economics in our societies have taken as a complete description (or more appropriately prescription) of life, falls short of satisfying deeper human essential needs and interests.

A Retreat into Wholeness

To be able to live fully in life without being tossed this way and that by every passing mood and whim, to know a place of silence in oneself that subsists even when all around is chaos and confusion; to maintain equanimity in the face of doubt and despair; this, perhaps, is the ultimate retreat of one's own mind, the aspiration of all seekers.

In our renewal retreat you will be laying the foundation for this inner retreat. You are giving time to yourself; time to feel your own feelings, think your own thoughts and sense your own individuality and priorities. You are permitting a return to yourself; and in that return you will begin to see yourself and your life with fresh eyes. We want your time with us to be a foretaste of the inner place of retreat which in truth is never far away -- after all. It is none other than who you are.

In other words, our retreat will serve as a place to remember --to remember your beginnings, to remember who you are, and to remember where you belong. It is a place to evoke the evolutionary memory of unfolding consciousness that we share with all life on earth.

The lessons we learn will ripple out to challenge and expand our every notion of culture, community, education, medicine, psychology, ecology and spirituality. Resting within is the possibility of a sense of wholeness, sacredness and humility that both heals us as individuals and prepares us to make the critical collective decisions necessary to develop sustainable strategies for the years ahead.



“There is a pool of tranquility lying just beneath the surface of your busy existence.... and we show you how to take a dip in that pool whenever you choose”

Most of us have a **mind full** of constant chatter, concerns and confusion. We all know what it is like to be rushed off our feet, scrambling around, constantly on the go, never feeling like everything is done, that there is never enough time in the day, feeling tired, exhausted, stressed out and fed up most of the time. And at times may feel as though we are sinking in a sea of chaos and clutter.

In this renewal Weekend we will introduce you to the life-changing practice of mindfulness, helping you de-stress and find your own unique space of calm and ready yourself for whatever challenges (good or bad) your busy life may bring your way.

We will teach you to be **mindful**, that is, aware that there is a pool of tranquility lying just beneath the surface of your busy existence.... and we show you how to take a dip in that pool whenever you choose.

Being mindful, having mindful awareness is often defined as a way of intentionally paying attention to the present moment without being swept up by judgments. Practiced in the East and the West, in ancient times and in modern societies, mindful awareness techniques help people move towards well-being by training the mind to focus on moment to moment experience – focusing our attention in this way is a biological process that promotes health – as a form of brain hygiene.

“The Magic of Mindfulness” is a no-nonsense, light-hearted clear introduction to mindfulness and its benefits. We will include mindfulness practices of; focused breathing, conscious awareness, guided visualization, reflection, movement/dance, joyful play and laughter as well as just “being” present in our serene and peaceful country retreat.

Then if you choose to practice mindfulness regularly it will change your life... you can expect to better manage your busyness and stress both at work and at home with more ease and efficiency

Practicing mindfulness regularly has been shown to help one to:

Feel happier and more content.

Improve their motivation and energy levels.

Be more productive and effective.

Improve their mental and physical stamina.

Boost their immune system and improve your general health.

Decrease their stress and chances of other mental health problems.

Improve their memory and concentration and increase your brain wave activity.

Enhance their intuition and creativity.

Enhance their communication skills and enjoy more fulfilling relationships create more enjoyable, meaningful and fulfilling life.

Our purpose is to engage the individual in a lifelong process of learning and personal growth. Integral living depends on the expansion and intensification of consciousness, on remembering our connection with nature and on the true expression of our joyfulness and love.

We trust the inner wisdom of the natural and evolutionary process that has brought humankind this far. Through evocation of this inner wisdom, rather than technological and financial manipulation, we can discover paths to true healing and enjoyment of life.

Presenters



David B. Sutton, Ph.D., former University Professor and President of **The Antaeus Organization (TAO)**, is a human ecologist, biological philosopher, artist and writer with whimsical, evolutionary and earth-centered biases. He is dedicated to life-long learning about the Earth's essential life-support systems, and the intimate connection between the health of the planet and its people. For over thirty years, he has developed socially and environmentally responsible educational and travel programs and ecological

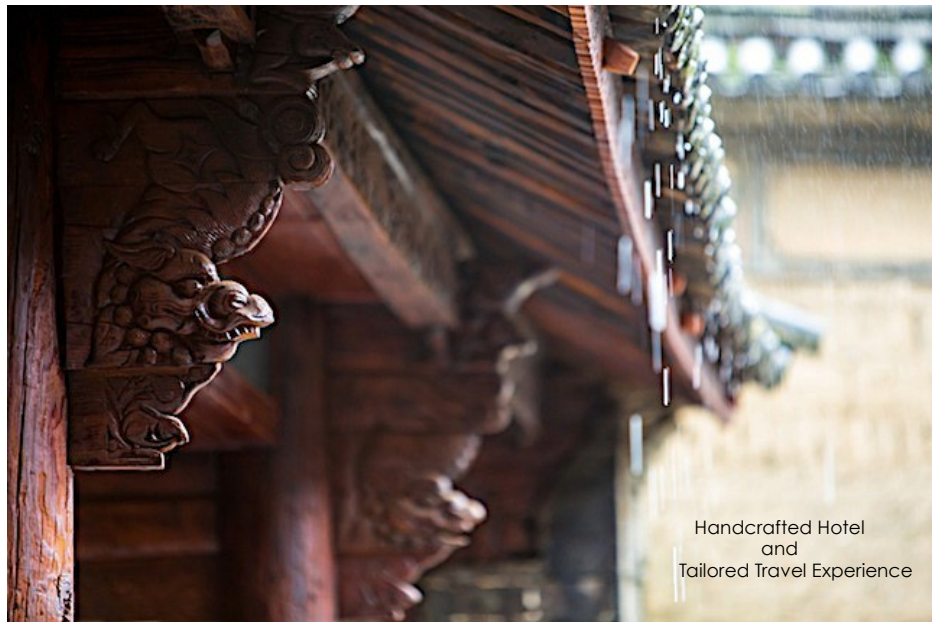
approaches to product design, conservation, sustainable enterprises, and cultural synergy and integral health efforts throughout the world.



Isabella Li, is a certified National Psychological Counselor (Grade Two) with considerable experience in Employee Assistance Program (EAP) Industry in China. Now an Independent Trainer and EAP consultant, specializing in *The Application of Psychology in Leadership, Self-awareness in*

Relationship and Parenting.

Sky Valley



Handcrafted Hotel
and
Tailored Travel Experience

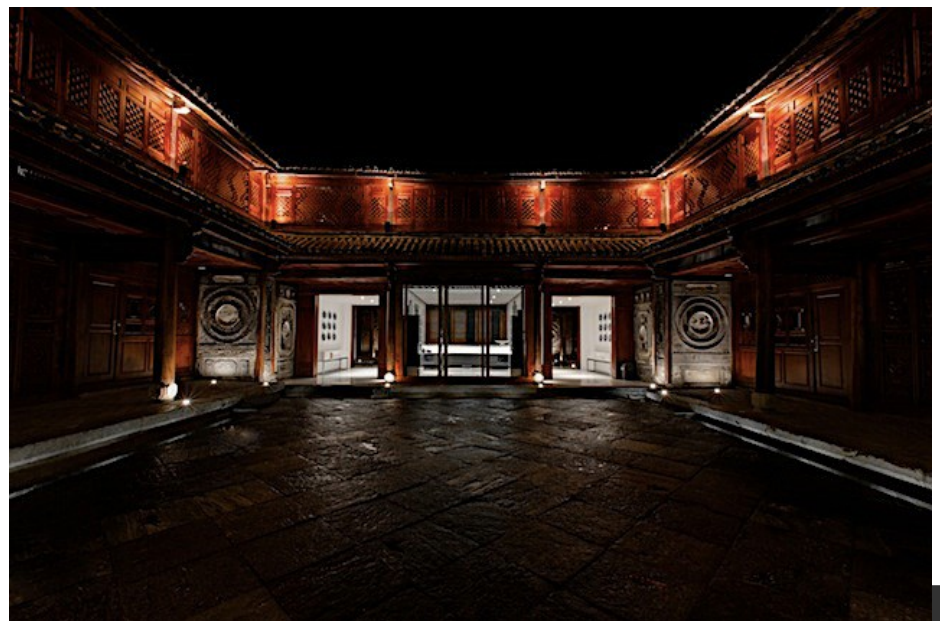


0086.872.2475855

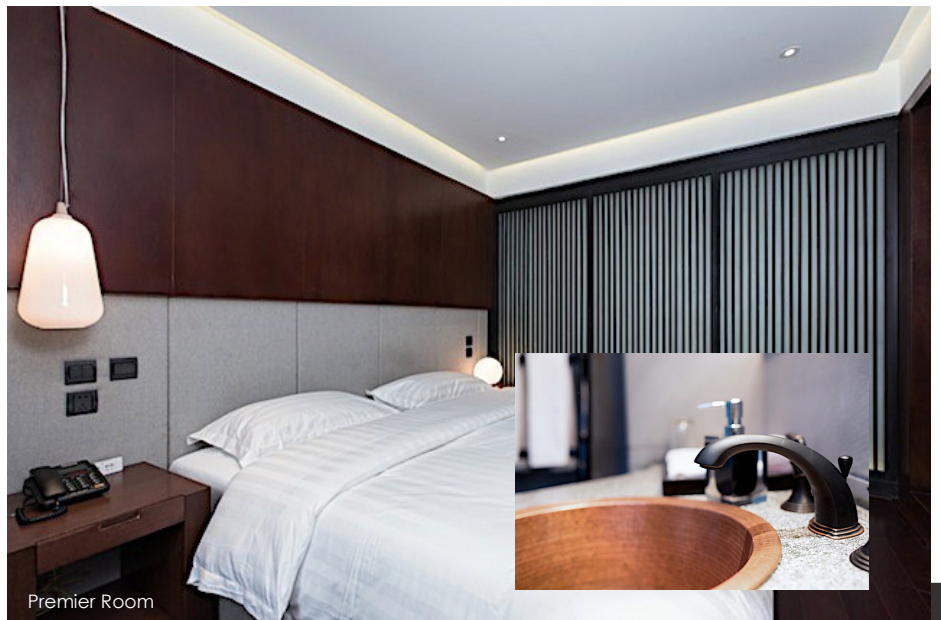
www.skyvalleyhotel.com



Sky Valley

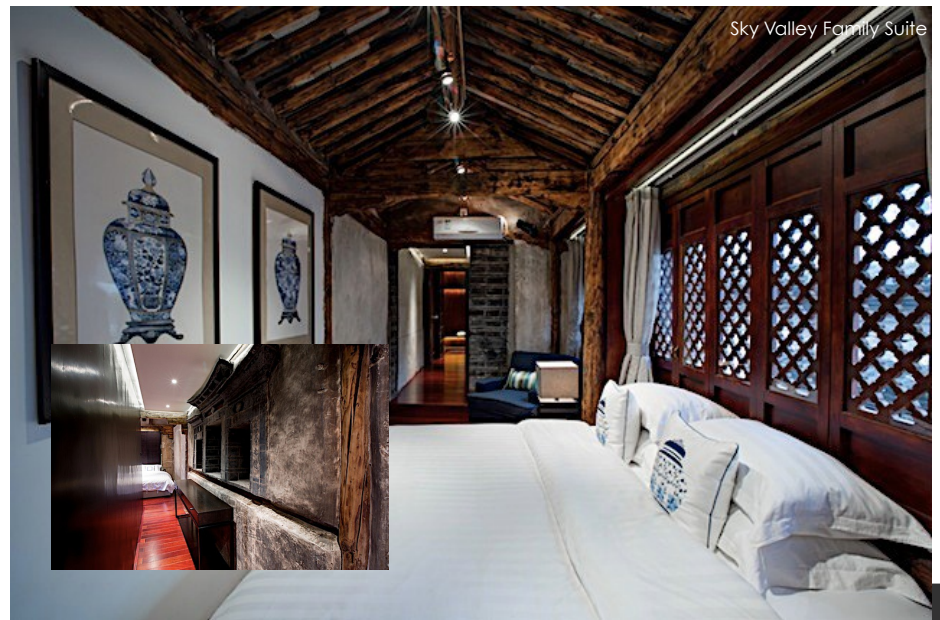
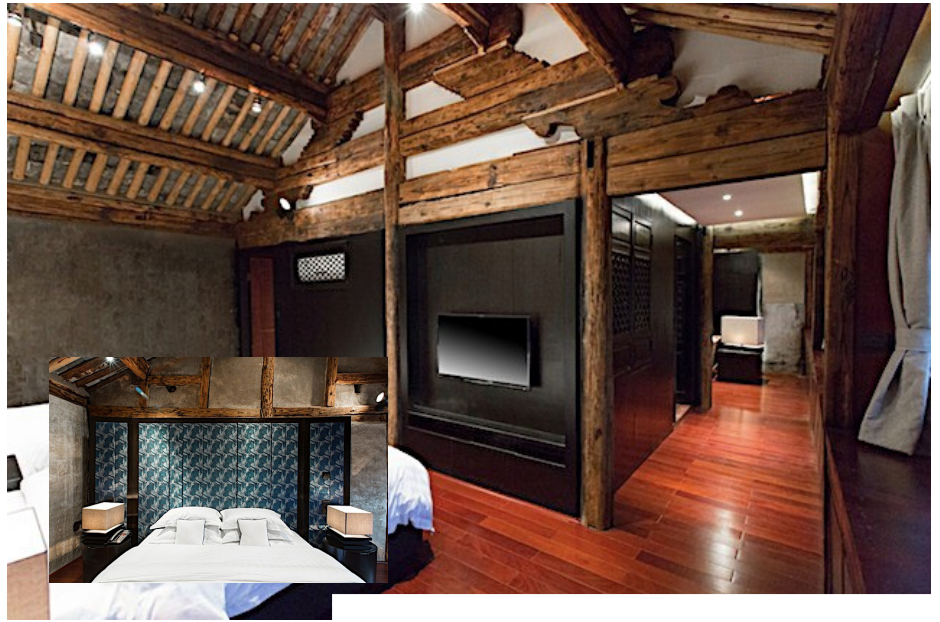


Sky Valley



Premier Room

Sky Valley



Sky Valley

