



## RETREATS

Mii amo

# The Zen of Happy

Presented by Gita Wagner

September 17 –21, 2017

### *Zen*

is a meditation path to awaken to our original nature, directly, in this very moment.

### *To be happy*

is what we most seek in life.

Scientific research is now corroborating the wisdom of ancient spiritual traditions: Happiness follows mindfulness like a shadow. We each carry the sacred space of calm and joy deep within ourselves. Completely independent of what is happening in our lives, this inner space has always been here.

*The Zen of Happy* is for you to reclaim your true happy place and to start creating a balanced, fulfilled life from the inside out.

### Sunday, September 17

4:30 – 6:00 PM – Welcome Reception

### Monday, September 18

#### **7:30 am – 8:15 am, Movement Studio – Morning Practice**

Morning meditation practice to set the tone for your day.

#### **9:45 am – 11:00 am, Library – Lecture/Discussion**

Presentation of neuroscientific research into the connection between mindfulness and happiness. The basics of mindfulness will also be discussed.

#### **11:15 am – 12:15 pm, Library – Lecture/Immersion**

Presence and awareness: What does it mean to be present, to be here and now? The three aspects of awareness will be discussed.

#### **1:45 pm – 2:45 pm, Movement Studio – Discussion/Immersion**

Centering: How to embody mindfulness and keep your calm.

#### **8:00 pm – 9:00 pm, Movement Studio – Evening Meditation**

Meditation techniques to let go of the old, and to invite deep, rejuvenating sleep.

LEGEND

*Preferred*  
HOTELS & RESORTS

Exclusively for Mii amo guests. Advanced sign up required.

For further information call 928-203-8500, or on property at extension 302.

*Mii amo*  
a destination spa



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### Tuesday, September 19

#### 7:00 – 7:45 am, Library – Morning Practice

Morning meditation practice to set the tone for your day.

#### 9:45 am – 11:00 am, Library – Lecture/Discussion

Befriending the mind: Ways to create space from racing, worried, obsessive thoughts.

#### 11:15 am – 12:15 pm, Library – Lecture/Immersion

Embracing feelings: How to understand and regulate moods and emotions.

#### 1:45 pm – 2:45 pm, Movement Studio – Discussion/Immersion

Acceptance: The connection between acceptance, peace and happiness.

#### 8:00 pm – 9:00 pm, Movement Studio – Evening Meditation

Meditation techniques to let go of the old, and to invite deep, rejuvenating sleep.

### Wednesday, September 20

#### 7:30 am – 8:15 am, Movement Studio – Morning Practice

Morning meditation practice to set the tone for your day.

#### 9:45 am – 11:00 am, Library – Lecture/Discussion

Living Mindfully Everyday: at work, alone, and in relating situations.



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### Wednesday, September 20, continued

#### 11:15 am – 12:15 pm, Library – Lecture/Immersion

Presence and Joy: The happy making Here-Now attitude.

#### 1:45 pm – 2:45 pm, Library – Discussion/Immersion

Context and Dimension: The bigger picture of living a spiritual practice.

#### 8:00 pm – 9:00 pm, Movement Studio – Evening Meditation

Meditation techniques to let go of the old, and to invite deep, rejuvenating sleep.

### Thursday, September 21

#### 8:45 am – 9:15 am, Crystal Grotto –Departure Ritual

### ABOUT THE PRESENTER

**Gita Wagner** began studying body and energy work, ancient healing arts and meditation in the early 1980s. Her extensive studies led her to England, Africa, India and the United States. By the late 1980s, she was training in counseling, spiritual therapy, family dynamics and developmental psychology, and became a licensed massage practitioner and counselor. Gita has taught Holistic Massage Trainings and Body-Oriented Psychotherapy seminars in Cologne, Germany. She also co-developed and taught a seminar on Emotional Intelligence for Professionals at Daimler-Chrysler in Stuttgart, Germany. Gita currently resides in Sedona and is a lead therapist at Mii amo.