

Dear retreat guest,

I hope this letter finds you well and you are enjoying the summer.

You are warmly invited to *The Zen of Happy*, a meditation and mindfulness retreat at Mii amo, the destination spa in Sedona, Arizona from September 17 through 20 2017. I feel honored and excited to be presenting this retreat for the second time this year! The first retreat in January was a nourishing and enlightening experience for all involved. Reminiscing the work you and I did together during your previous stay at Mii amo, I believe this retreat may be of interest to you.

To be able to keep one's calm even when challenged by stress, people, or life is incredibly appealing. A serene presence attracts us to others, and it feels great when we sense that presence within ourselves. Calmness is root and expression of feeling empowered, of having options, and being independent of outer circumstances.

Eastern religions and the mystics of most religions have taught, since millennia, what we today call "mindfulness techniques". Over the last few decades modern science has been finding evidence that meditation deeply affects our brain, and physical and emotional health favorably. Neurobiology can now explain the connection between happiness and mindfulness! *The Zen of Happy* will present scientific research, discussion, and in depth mindfulness practice with both, ancient and cutting-edge "tools". This retreat is specially designed for you to experience and /or deepen your meditation, while helping you to create a mindfulness practice that is customized to your needs and life style.

These three and a half days are a personal invitation to take space in your life, space to breathe, space to be happy - space to just be. You are able to book the retreat as part of a 4- or a 7-night journey at Mii amo; the retreat will be included in the Mii amo rate for your stay.

[Click here](#) for the retreat details. Please don't hesitate to contact me with any questions or concerns. I would be very happy to hear from you. I hope to see you there!

Wishing you an enjoyable rest of the summer!

With warm regards,

Gita