## Coming Home

## **Summer Seminar at Camp Caravan**

June 21-June 30, 2019

Royalston, Massachusetts, USA



Have you ever had the experience of stopping so completely, of being in your body so completely, of being in your life so completely...

It would be a moment of complete presence, beyond striving, beyond mere acceptance...

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 "is-ness"...

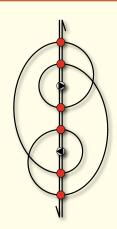
welcomes you home.

Jon Kabat-Zinn

Gather for dinner on Friday, June 21, 7:00 p.m.

Official start of the seminar is Saturday, June 22, 7:30 a.m.

Seminar ends at noon on Sunday, June 30.



You are very welcome no previous experience required. Work with Gurdjieff movements, themes, practical physical work, inner exercises, meditation, art, gardening, and shared meals.

> Please consider paying a little more than you can comfortably afford to help sustain Camp Caravan.

> > Adults — \$450

Young adults (flexible) — \$300

All inclusive

\$250 deposit by June 1 to:

Treasurer, MREC, Camp Caravan, 255 South Royalston Road Royalston, MA 01368

Contact: registrar@campcaravan.org

Camp Caravan: 978-249-4725

Registrar: 978-939-8616

campcaravan.org