



## REGISTRATION

\$1,260—Private Room

\$1,060—Shared Room

\$630—Commuter

Financial assistance available

# Acceptance and Forgiveness

**On-campus: Mar 3-10, 2024**

**A seven-day mindfulness meditation retreat with Mary Grace Orr, Anne Briggs, and Rebecca Kronlage.**

Most of us yearn for acceptance and forgiveness. The simple techniques of mindfulness and kindness, taught by the Buddha, support experiencing them in our own minds and hearts. This silent retreat will have periods of sitting and walking meditation, yoga sessions, opportunities for small group instruction, and formal presentations. It is suitable for both beginners and experienced students, and for people of all faith traditions.



*Mary Grace Orr*



*Anne Briggs*



*Rebecca Kronlage*



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**PENDLE HILL**  
A Quaker Study, Retreat, and Conference Center