

This experience forever changed my life. It restored my faith in humanity and gave me a sense of peace with myself and others that I have never had before.” – Jessamine, age 18



Mindfulness Retreat for Teens

5-DAY RESIDENTIAL RETREAT FOR AGES 15-19

JUNE 6–10, 2019 | Jamestown, CO

The 1,200-acre outdoor classroom features a pristine pine forest, meadows, and a waterfall, where you will immerse in a meaningful exploration — and take home skills and tools you can use for a lifetime.

Aware. Authentic. Connected.

Welcome to the iBme Retreat Experience — guided by skilled teachers, teens will take part in meditation sessions, mindful movement, and engaging workshops to:

- Learn how to focus in, calm your mind, and let go of distractions
- Deepen your understanding of emotions and develop skills for navigating them
- Develop listening, speaking, and relational skills in an authentic, supportive community
- Connect with the best inside yourself and others.

iBme welcomes and celebrates human diversity in all forms regardless of race, color, ethnicity, sex, sexual orientation, gender identity or expression, national origin, ability, personal appearance, or religious/spiritual affiliation.

Scholarships available.

No teen has ever been turned away for lack of funds.

Find out more today!
iBme.info/co19