



Cumberland Island National Seashore (GA)

“Every piece of advice and exercise was so helpful. I feel like I’ve changed in a very positive way”



Okefenokee Swamp (GA)

“I learned how to love and appreciate myself for who I am”

“I have so many new insights and tools to improve my life in so many aspects. I loved this TRIP and would recommend it to anyone and everyone”



Seminole State Park (GA)

“Amazing TRiP leaders + amazing CWC leaders = Life changing experience”

“It was a great experience to have the TRIP in an outdoor nature setting. I felt more connected to my sense and nature”



St. Josephs Peninsula (FL)

“I feel more connected with my body and my mind”



Mindfulness Meditation Retreat

24 students from 4 TRIPs completed the evaluation

96%

TRIP improved my overall well being

96%

the CWC and TRIP office should continue to provide collaborative TRIPs

100%

I learn meditation I can use in my daily life

96%

I am satisfied with the quality of my TRIP experience

100%

CWC Counselors created a safe and supportive environment

96%

I learned mindful movement I can use in my daily life



During Fall 2015 and Spring 2016, 35 students and 6 counselors ventured to St. Josephs Peninsula, FL; Okefenokee Swamp, GA; Seminole State Park, GA and Cumberland Island National Seashore, GA for Mindfulness Meditation Retreats, a collaboration between the Counseling and Wellness Center and the Rec Sports TRIP office. These retreats provided time for students to step out of their busy lives and live truly in the present for a weekend.

During the retreat students learned and experienced a variety of mindfulness and meditation practices they could utilize in their daily lives, including:

- sitting meditation practice
- mindful walking
- eating meditation
- mindful movement
- yoga
- qigong