

# Day of Mindfulness Retreat for Teens with Sister Pearl

Supporting Teens in Navigating Emotions, Building Connections,  
and Strengthening Resilience and Self-Awareness.



**Date & Time:** Saturday, April 25<sup>th</sup> (10:00 AM - 3:30 PM)

**Location:** Giac Tam Meditation Center, 3729 Pilot Knob, Eagan, MN 55122

**Registration:** <https://forms.gle/dj18seMvUWVSH3Rz7>

## About the Retreat

Empower teens to discover greater calm, resilience, and self-awareness! Our Day of Mindfulness Retreat for Teens offers a welcoming space to slow down, reflect, and explore practices that support emotional balance, positive friendships, and personal growth. Through engaging group activities, mindful movement, and guided relaxation, teens will learn practical skills for navigating the ups and downs of adolescence—including the challenges and opportunities of social media.

## About Sister Pearl:

Sister Pearl is a Zen Buddhist nun and an interfaith/Buddhist chaplain. She has spent most of her life in Minnesota and worked ten years as a Physician Assistant at Mayo Clinic's Cancer and Palliative Care departments prior to her ordination in 2019. Her spiritual roots are grounded in Vietnamese Zen and Soto Zen teachings. Currently, Sister Pearl contributes to the revitalization initiatives at Giac Tam Meditation Community, focusing on outreach programs for children, adolescents, and young adults by promoting accessible Dharma education through online courses and family and youth retreats offered nationwide.

## Who Can Attend?

Open to teens ages 13–18. No prior mindfulness experience is needed—everyone is welcome! (Registration is limited to the first 15 participants). Parents may drop off and pick up their children at the designated times. Alternatively, parents are welcome to remain with their children throughout the retreat as volunteers.

## What to Expect

- Guided mindfulness practices focused on emotions and self-awareness
- Exploration of developmental milestones and healthy coping strategies
- Workshops on navigating social media and its impact on well-being
- Group discussions and activities to foster friendship and connection
- Healthy snacks and a delicious vegetarian lunch provided for all attendees

## Additional Information

- Please arrive at least 10 minutes early to allow time to settle in.
- Wear comfortable clothing suitable for sitting meditation and gentle movement.

- Bring a notebook and water bottle
- Parents can pack vegetarian snacks or lunch for teens if there is any dietary restriction.

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**Suggested donation:** \$30 (includes lunch and materials). All contributions—whether above or below the suggested amount—are gratefully accepted in the spirit of dana (generosity) to support our community.

**Retreat Schedule:** 10:00 AM – 3:30 PM

<b>Time</b>	<b>Activity</b>	<b>Description</b>
10:00 – 10:30 AM	Welcome & Opening Circle	Participants are greeted and introduced to the retreat. The group gathers in a circle for introductions, setting intentions, and sharing expectations for a welcoming start.
10:30 – 11:10 AM	Mindfulness Exercise & Guided Meditation	Engage in gentle physical activities such as yoga, stretching, or mindful movement followed by guided mindfulness and meditation exercises aimed at helping teens become more present, calm, and aware of their thoughts and feelings.
11:10 – 11:30 AM	Snack Break	Time for a light snack and informal conversation, allowing participants to recharge and connect with peers in a relaxed setting.
11:30 – 12:15 PM	Group Activity: Exploring Emotions and Self-Awareness	Interactive group activities and discussions focused on identifying emotions, understanding self-awareness, and exploring key milestones in teen development.
12:15 – 12:35 PM	Nature Walk	Take a short, guided walk outdoors, inviting participants to connect with nature, practice present-moment awareness, and rejuvenate before lunch.
12:40 – 1:15 PM	Lunch & Social Time	Enjoy a provided lunch and informal social time to build friendships and foster a sense of community among participants.
1:15 – 1:45 PM	Quiet Relaxation & Journaling	Engage in guided quiet relaxation & personal reflection and journaling (or letter writing) to release tension and promote well-being.
1:45 – 2:30 PM	Workshop: Navigating Social Media Mindfully	An interactive workshop exploring the impact of social media on mental health and well-being, with practical strategies for mindful and healthy use.
2:30 – 2:45 PM	Closing Meditation	A closing meditation session to reflect on the day's experiences, promote gratitude, and support emotional grounding.
2:45 – 3:30 PM	Closing Circle & Next Steps	The group gathers to share insights, discuss next steps for personal practice, and formally close the retreat with words of encouragement and connection.

**Our Contact:**

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