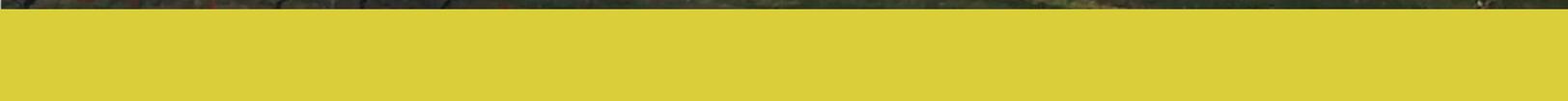




Private Meetings and Retreats







The Garrison Institute: A Place for Change

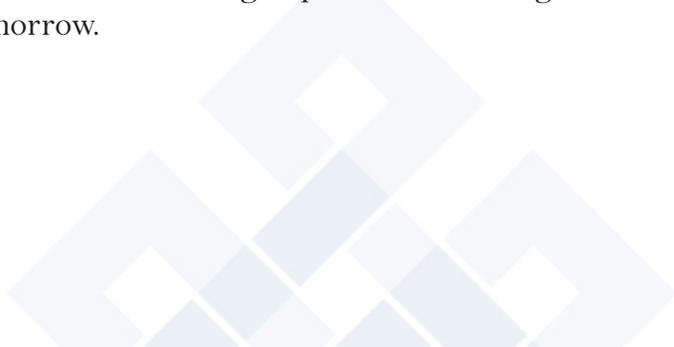
Today, there is a quiet revolution underway in companies and institutions large and small. In this era of volatility and change, senior leaders are working to instill their organizations with a more meaningful sense of mission and purpose; to embrace more mindful and connected leadership; and to build a culture of growth, sustainability, and resilience.

Doing so requires cultivating new ways of perceiving, thinking, and acting, rooted in our deepest values.

The Garrison Institute is a partner to organizations on this journey. Headquartered on the banks of the Hudson River, in a beautifully renovated former Capuchin monastery, the Institute's retreat facility provides a place of refuge, reflection, and restoration. We bring together contemplative teachers, students, and innovators in science, art, technology, social justice, and environmental advocacy. Together we explore how to connect "inner work" with "outer work" and to imagine new creative possibilities for ourselves and the world around us.

Hundreds of organizations have come to the Institute to step away from daily distraction, reflect on the larger landscape of change, ask their most important questions, recharge their culture, learn new skills, and have conversations that matter. For many, the results have been transformational.

The Institute does not have a one-size-fits-all approach: we support a wide variety of meeting formats and objectives, and regularly collaborate on design, structure, content, and facilitation with our clients. Whether your organization is working on strategic planning, leadership development, or embracing deeper work, we can ensure you have the retreat and meeting experience that's right for you today, and moves you forward in your journey tomorrow.







Why the Garrison Institute?

The Institute is one of the most distinctive meeting places in a prime location on the East Coast. Our staff has extensive experience organizing and hosting meetings for a wide variety of organizations.

- Our spacious and stately facility is a recently renovated monastery located on a bluff overlooking the Hudson River, nestled in the beautiful and dramatic Hudson Highlands in New York.
- Located just one hour north of New York City via Metro-North.
- A network of world-renowned authors, experts, and innovators are available to speak at your meeting, design your program, or facilitate your convening.
- Instruction in contemplative and wellness-oriented practices such as meditation, conscious communication, emotional intelligence, yoga, tai chi, qigong, and other movement-based modalities to cultivate mindfulness, awareness, and creativity.
- Professional facilitation and planning to ensure meetings achieve your objectives while enhancing group cohesion.





One-Day Conference Package Includes

- Breakfast and lunch provided by Fresh Company, a catering company led by Executive Chef Shelley Boris
- Continuous daily refreshment station serving hot tea, coffee, and snacks.
- Local transfer from Grand Central or Metro-North station at Garrison
- Two large main meeting rooms and up to ten breakout rooms
- Yoga and meditation instruction
- Concierge for the day
- Two bedrooms for coordinators for the evening before the meeting
- Corporate signage at the Institute
- Wi-Fi available throughout facility
- Audiovisual services
- Copying and printing services
- Optional acknowledgment in our e-newsletter
- Four free passes to special Garrison Institute events in New York City for a year

If you are interested in other packages and options, the Institute can design a wide variety of meetings and retreats that can accommodate from 20 to 200 participants for one-day meetings and 20-140 participants for multi-day conferences.

Prices are available upon request.



Additional Services and Accommodations

On top of the one-day conference package, the Institute can also provide the following fee-based services and overnight accommodations to ensure your event is a success.

Program Enhancement

- A speakers bureau of notable experts and innovators in leadership, sustainability, foresight and resilience
- Customized, organizational effectiveness training programs based on mindfulness provided by world-renowned teachers
- Meeting facilitation
- Event design
- Graphic facilitator
- Presentation ideation and design training by Duarte, a leading consulting firm whose clientele includes almost half of the top 50 brands and global consulting firms

Amenities

- Overnight accommodations for 20 to 140 participants
- Deluxe meal options prepared by our Executive Chef
- Exclusive use of our main gathering space
- Entertainment, receptions, and gourmet snacks
- Suites for executives and use of private board room
- Bonfire option for social events
- Guided hikes
- Plush 100% Turkish cotton bathrobes
- “Tools for Mindful Leaders” gift bag

Prices for these additional services and overnight accommodations are available upon request



What Our Corporate Patrons Are Saying

“We’ve had such a wonderful experience at the Garrison Institute. Your facility, grounds, and crew have all been a complete delight—and we’re grateful for all your work. Your partnership during the planning process was so helpful, especially with our many questions and special requests. We’re so appreciative of everything!”

—*Kickstarter*

“The Garrison Institute was a wonderful choice for our team retreat—an historic building in a beautiful, serene location was an ideal setting for reflection and team building. The excellent food and kind, accommodating staff also helped make the event a big success.”

—*Global Impact Investing Network*

“Not only were they able to meet our needs, they embrace the same ethics that we do and this is how they operate for all groups! The Garrison Institute was a great find. We’ve already booked our next gathering!”

—*Independent Natural Food Association*



Main Rooms

Our Meditation Hall and Auditorium are both able to hold up to 200 people. Both rooms can be set up with different seating configurations and audio-visual aids.

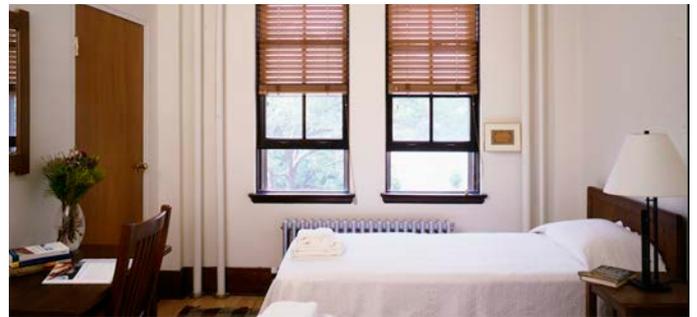




Bedrooms and Amenities

Our overnight accommodations are quiet and simple, encouraging rest, reflection, and contemplation.

We have 50 single bedrooms and 45 double bedrooms. All bedrooms are located on the second, third, or fourth floors. Two spacious shared bathrooms are on each residential floor, and elegant saunas occupy both men's and women's bathrooms. Our Dining Hall seats 200.





Breakout Rooms

We have ten breakout rooms of varying sizes. Five of the main breakout rooms, including our board room, are located on the first floor. The other rooms are located on the second and third floors.





Our Labyrinth, Trails, and Fire Pit

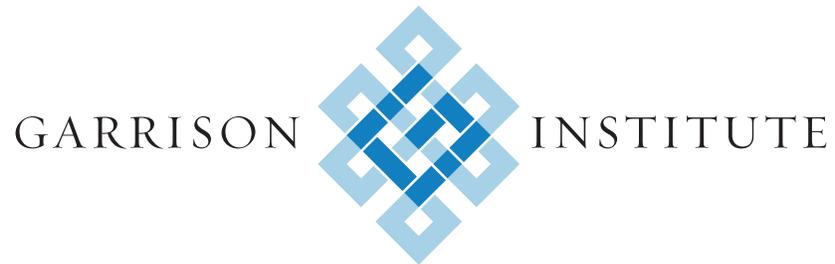
We have a beautiful boxwood labyrinth in our back meadow that can be used for group or private contemplative practice. A labyrinth is a symbol of an ancient pilgrimage. In today's fast-paced world, the labyrinth provides a place to clear the mind, walk amidst nature, and reflect.

There are trails throughout the woods that adjoin our property, some of which lead the way down to the Hudson River and others that connect the Appalachian Trail.

A fire pit in our back meadow provides an intimate evening environment. Bonfires can warm guests during cool evenings and provide an opportunity to relax and socialize.







GARRISON INSTITUTE

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