

WAKING UP IN THE WILD: FOREST



We invite you to a half-day retreat in the forest to explore your inner landscape, the external natural world, and the connections between.

Mindfulness through meditation, gentle qigong, and walking will give the opportunity to practice openness to and recognition of whatever is arising within and around us-- our own breath, a breath of wind, the call of a bird, the whisper of the pine needles, and the whispering of our hearts.

Savor the opportunity to practice and connect with others through sharing and discussion, to connect with yourself through reflection and writing, and to connect with the environment through simply being immersed in nature-- awake and alive.

Saturday, Aug. 27, 10am - 2pm
Jack's Peak County Park, Monterey, CA

\$90 Early-bird registration until Aug. 6*

\$110 after Aug. 6

(Non-participation Policy: No refunds)

See montereybaymeditation.com for details and registration

**This retreat is part of the "Waking Up in the Wild" series;
early registration and package discounts are available*

Facilitator: Katie Dutcher, MA, has studied meditation and mindfulness since 2009 and is a qualified instructor of Mindfulness-Based Stress Reduction. Since she was a small child, she has been enthralled and inspired by the natural world. Katie is a co-founder of Monterey Bay Meditation Studio.



529 Central Ave, Suite 201 A, Pacific Grove ~ www.montereybaymeditation.com