

Autumn Mindfulness Retreat

Seasonal Rejuvenation, Peaceful Embodiment, Restorative Practice



Saturday October 21, 2023 9AM-2PM (ET)

in Towson, Maryland

Not local? Please inquire about Virtual Option and Discount

Join us for a day of refreshing self-care within a warm community.

This experience will include practices of concentration, sensory awareness, interoceptive awareness, mindful eating, outdoor/natural exploration, mindful movement, and creative expression.

All are welcome. BIPOC and LGBTQ affirming.

To **Register** or for more information:

Send email with contact information to:

EllenLewisPhD@Comcast.net

Facilitated by Ellen Lewis, PhD (she/her), a certified meditation instructor and a psychologist* in clinical practice who utilizes mindfulness practices. She has been facilitating mindfulness meditation with adults, adolescents, and children, including preschoolers, since 2011.

*Although these practices may lead to relief in suffering, mindfulness meditation does not constitute psychotherapy and this facilitation by Ellen Lewis, PhD is not a form of psychological diagnosis, assessment, or treatment.