



RELAXING INTO THE MIDDLE WAY: A SILENT RETREAT

This mindfulness-based retreat provides each of us a quiet space to find and embrace the “middle way”.

We will engage in mindful yoga, seated meditation practice, as well as walking and Loving Kindness meditation. These practices, along with dharma talk and silent reflection periods encourage us to be both grounded and open, at ease and alert.

Thursday, June 29, 845am-245pm

Joy Holling Retreat Center Gym (near Ashland, NE)

\$20 donation for retreat.

Led by Dr. Theresa O’Halloran, LIMHP, LCPC

Theresa is a certified MBSR teacher, advanced yoga teacher, and a mental health therapist. She has been teaching and leading retreats since 2014.

Excellent opportunity for MBSR graduates to refresh!

Call or email with questions: theresa@ohallorancounseling.org/402-619-1060

Sponsored by Wisdom House Collaborative - Mindfulness Community Collaboration Camp

Registration: <http://www.wisdomhouseomaha.org/new-year-s-event.html>

Check out the entire week of mindfulness activities!