

# We would be honored if you would join us for the 3rd Annual Mindfulness Community Collaboration Camp!

Registration is available using the QR code here or via our website

[WisdomHouseOmaha.org](http://WisdomHouseOmaha.org) 😊

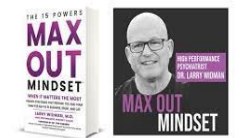
**WHO:** Camp is for anyone interested in learning more about mindfulness practice and how it applies in youth engagement, sports, education, non-violent communication, self-compassion, trauma recovery, or stress reduction. Camp is also for those who are looking for more in-depth experiences and who would enjoy coming together as a community. Mental health practitioners may receive “CEU’s”, and attorneys “MCLE’s”. Camp also provides opportunities for those looking for some quiet time to decompress and just be.

## **WHERE, WHEN, and WHAT:**

Camp is at the Joy Holling Retreat Center, Swanson Building, near Ashland, Nebraska. We have a variety of course options over five days divided into a LAB room for presentations/discussions, and a GYM room for guided and silent practices. Passes can be purchased for each day to drop into any of the classes, with multi-day pass discounts. Monday and Tuesday are designed as a set to be taken together. Lodging is also available and encouraged by discounted prices. See our full calendar of offerings on the reverse side.



Search Inside Yourself  
Leadership Institute



Performance Psychiatrist and Mindset Coach  
Author, Podcast Host

**Monday/Tuesday July 29 & 30:** please join us for a 2-day world class mindful communications training. Search Inside Yourself was developed by Google to empower its own leadership and generate more creative teams. This is a rare opportunity made available through the generosity of local certified SIY facilitator David Fringer. Through a special arrangement, we are able to invite up to 30 participants to experience this life-changing event for a fraction of the commercial price. The institute comes with 28 daily video guided micro practices to sustain practical know-how and momentum. Monday also includes happy hour on the patio with leading author and sports psychologist, **Dr. Larry Widman**, who will share on the topic: **“The Intersection Between Mindset and Mental Health and Well Being in Peak Performers.”** **The first fifteen registrants will receive a free copy of the book “Search Inside Yourself” or of Dr. Widman’s book, Max Out Mindset.**

Lodgers will enjoy dinner together followed by Mindful Coloring on Monday evening, and fun interactive card games where small groups practice listening and reflecting back each other’s deeper feelings and needs on Tuesday. All evenings include a campfire with S’mores!

**Wednesday, July 31:** begins with an opportunity for relaxation with a “sound bath”, followed by an intensive guided breath practice to practice concentration and reset our physiology. We will then explore ways to create structure and cooperation in the classroom, including an exploration of the emotion and behavior science being offered to generate well-being in the schools. The afternoon will include the chance to practice in nature together, followed by a discussion of how to address burn out, and “surprise entertainment” from UNMC’s Wellness Director, Dr. Steve Wengel. In the evening, all are invited to a community “vision” meeting to brainstorm some collaborations and plans for next year. The evening will conclude with an opportunity to practice mindful stillness by holding “yin” poses.



**Thursday, August 1:** starts with a guided mindful movement to greet the morning, followed by in depth Self Compassion and Loving Kindness Workshops. There will be free time to enjoy some space, and then an opportunity to deeply decompress and experience immersion in trauma informed relaxation techniques. The evening includes a sunset silent sit at the Mahoney Tower.

**Friday, August 2:** begins with another opportunity for sound bath, and then choosing between obtaining a First Aid certification, or **“Practicing Silence in Support of Non-Violence” a daylong continuous mindfulness silent retreat** guided by Mindfulness Outreach Initiative’s Jonathan Woodside.

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**SLIDING SCALE:** We are looking for “participants” who are asked to pay what they can afford, and “hosts” who are willing to help pay for themselves and others. We are essentially crowdfunding to support the event and to encourage participation of students and leaders, young and old, regardless of means. **Space is limited to 20 lodgers and 20 day passes per day. Hosting donations will be matched up to \$3,000 by the Weiner/Skeen families, so please be generous and double your gift!** Please be the early bird – we would love to see you!



**Book Exchange** In addition, there will be a mindfulness **book exchange** available throughout the program to help circulate books and resource the free mindfulness library housed at Astute Coffee (1818 Dodge). Please bring books to share 😊

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**Wisdom House Collaborative [wisdomhouseomaha.org](http://wisdomhouseomaha.org)**

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**Cultivating a more mindful community 😊**