



A Mindful Heart
Full Day Retreat // 9:00-4:00
Price PP: \$185 // Max 12

- 8:45 am: **PLEASE ARRIVE BY 8:45**
Getting Settled - Coffee/Tea & Muffins (15 min)
- 9:00 am: **Overview & Guidelines/Opening Circle/Setting Intentions** (30 min)
- 9:30 am **Sensory Mindfulness Meditation with Jen Harry** (1 hr)
Opening with a simple breath meditation, Jen will guide you through a relaxing sensory mindfulness practice where you will use each of your senses to connect on a deeper level to the world around you. These practices get us out of our head and into our moments. They give us a sense of feeling grounded in our body, in the present moment, and in our own experience. After meditation we will have a short discussion about how you can use these practices in everyday life.
- 10:30 am **Mindfully Creating with Francie Shepherd** (1 hr)
This is a creative exercise to explore self-awareness. Using a blindly selected affirmation card as your inspirational source, create a bookmark using color, shape and texture to visually express your interpretation of, and feelings about, the chosen affirmation.
- 11:30 am **Free time** (30 min)
- 12:00 pm: **Lunch & Dessert** (1 hour)
Lunches are planned and prepared using fresh, farm-to-table seasonal ingredients and are subject to change
 - *Sample Lunch:* Flight of Hearty Soups (Lobster Bisque, Clam Chowder or Vegetable), Fresh Greens, Balsamic Blueberries, Avocado, Goat Cheese & Toasted Pecans
 - *Sample Dessert:* Homemade Blueberry Pie with Dollop of Whipped Cream
- 1:00 pm: **Finding Balance with Pamela Gagnon da Silva** (2 hrs)
Finding Balance is a 2-hour journey that invites participants to engage in an intentional, balanced, and empowered way of being. Together we will explore techniques for welcoming balance in the body, thoughts, relationships, and a sense of purpose. This offering is a journey of self-discovery through experiential techniques to encourage practice, reflection, and on-going integration into daily life as a means of actualizing joy.
- 3:00 pm: **Meditation/Journaling with Pamela Gagnon da Silva** (30 min)
- 3:30 pm: **Closing Circle**
- 4:00 pm **Parting Gifts**