



Mindfulness Retreat



When

September 23 | 10AM-4PM

Location

SELT Southeast Land Trust
Burley Farms
247 North River Road
Epping, NH 03042
United States

Audience

Teens and Adults
(Ages 13 and up)

Parents and guardians welcome to attend!

Cost

\$40/per registrant, financial aid available upon request

Contact

Kristin.eberl@unh.edu

Feeling overwhelmed? Take a time-in with us at the 4-H Mindfulness Retreat!

Teens and adults, ages 13 and up, are invited to join us at The Browne Center, to participate in the second annual 4-H Mindfulness Retreat! The theme of this year's retreat is "What Grounds You?" with the goal of exploring how to make mindfulness accessible for each individual and incorporate it into their lives authentically. How can we bring our presence into activities without judging ourselves and learn to identify the calm and centering that they can provide? We will explore this together with skilled educators who will guide us through a variety of creative outlets and mindfulness exercises.

For persons with disabilities requiring special accommodations, please contact Kristin Eberl at kristin.eberl@unh.edu

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