



Mindful Outdoor Retreat Day

Wednesday, March 20, 2019

The first day of Spring!

9:30 a.m. 4:00 p.m.

at The Clearing**in Amelia County

Registration \$95

Leave all external distractions (screens!) behind and come **outside** for a whole day in the woods to fully connect with the living earth as it begins to awaken into Spring! Let yourself be guided through practices that lead to a quiet mind, a calm body and a grateful open heart. Open the doorway to the present moment through expanded sensory perception.

Experiences will include gentle movement, breathing and centering practices, nature meditations, guided walks in the woods, and an opportunity for creative expression. Given the chance to notice what has been here all along around us and within us, can bring wonder, joy and a greater connection to the life that is here.

Give yourself a day to restore your inner calm and clarity and renew your vitality! Space is limited. **REGISTER today at** <https://www.mindfuloutdoorva.com>

Facilitators:

Peggy Siegel, M.S. is a Certified Kripalu Mindful Outdoor Guide and is presently participating in the VA Master Naturalist Certification Program. Previously she had a practice in Energy Healing and Intuitive Mentoring. She has led numerous classes and retreats on such topics as intuition, living with intention, and personal spirituality. She has written and published 3 books her most recent *Teaching Albert Einstein to Fly*.

Shay Wilson is a graduate of the VCU School of the Arts with a focus on painting. Currently she is the artist in residence of the James River Park Foundation and leads creative nature workshops. She previously worked in a wilderness therapy program in NC helping at risk youth experience the healing benefits of being in nature. She has just accepted a position as the Program Manager for Virginia Outside.

****More about the location:** The Clearing consists of 75 acres of mostly wooded land, owned by Richmond Friends Meeting located about 45 minutes from downtown Richmond. Facilities include a modern lodge with bathrooms, and a big outdoor pavilion with fireplace. The Clearing has trails as well as access to the adjacent Amelia Wildlife Management area. Check it out here <https://www.richmondfriendsmeeting.org/theclearing/>