Retreatants will experience a deeper connection with nature, God, themselves, and leave with a plan of action for creating more Joy with nature in this workshop. They will achieve this through a series of nature experiences, mindfulness, prayer, journaling, sharing, & the discovery of what kind of “bird” they might be. This workshop is meant for anyone interested in improving their relationship with nature & God and interested in helping migrate the effects of climate change. Participants should be able to walk or move for up to 10 minutes in various periods in the natural environment.

Mark Mitchell LMFT is a psychotherapist, a certified National Geographic Educator, a former wilderness survival instructor, and an amateur gardener. In addition, he teaches in the addiction studies program at Loyola Marymount University & at CSUDH. He also provides workshops & trainings for various groups & businesses on worker wellness, post traumatic growth, and nature as a resource & responsibility.

Cost: $40 per person
To register call José at (310) 377-4867 x250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.