

**Saturday, October 8, 2022
9:00am to Noon**

Nature & You: Spiritual Cooling in Heated Times

Mark Mitchell LMFT,
& Psychotherapist



This workshop will help you strengthen your relationship with nature towards peace and cool. Through physical, spiritual, psychological & educational tools we will learn restoration, adaptation, & rejuvenation in dealing with "the heat of our times". We feel this heat in ourselves, with others, & in our climate. Participants will leave with inspiration, tools of healing, & a plan of action for personal, social, local, & global action.

Mark Mitchell LMFT has been a psychotherapist & educator for over 40 years. He is adjunct faculty at Loyola Marymount University in addictions studies & at CSUDH MFT program. He is certified National Geographic Educator, former wilderness survival instructor, & an amateur gardener.

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.

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867

www.maryjoseph.org

Email: jsalas@maryjoseph.org