

Saturday, April 20, 2024
2:00 to 5:00pm

Blossoming Spring!

Cultivating Your Future

Mark Mitchell LMFT,
Psychotherapist, coach & educator



Celebrate Earth Day by embarking on a transformative journey towards your envisioned dreams in personal, social, or professional spheres. Explore the natural phases of change & discover the essential nutrients for nurturing the seeds you will sow. Engage in mindfulness exercises, nature journaling, artistic expression, spiritual reflections, & meaningful discussions to amplify the impact of your efforts towards a new & fulfilling vision. Blossom like a flower.

Mark Mitchell has been a coach, psychotherapist, educator for over 40 years. He has taught at Loyola Marymount University in their Center for Religion & Spirituality & their addiction studies program. He is National Geographic educator, former wilderness survival instructor, & a community gardener. He is known for his humor & finding hope.

Cost: \$50 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

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