



First Tuesday of each month in 2024, 9:30-10:30 AM

Grateful Gatherings

Valeria Chow,
Life Coach and Certified Facilitator

*Experience, deepen, and share the power of living gratefully.
Bring gratitude to life...*

We hold *grateful living* as an engaged mindfulness practice, grounded in both wisdom and science, which supports our ability to see the wonder and opportunity in every moment, and motivates us to act boldly with love, generosity, and respect towards one another, ourselves, and the Earth. Grateful Gatherings are an opportunity to cultivate a space where we can explore grateful living as an orientation to life. These Gatherings take place at the local level, in person and online, hosted by community members.

Learn more at Grateful.org ~ a Network for Grateful Living, a global organization offering community-based and online educational programs and practices which inspire and guide a commitment to *grateful living*, and catalyze the transformative power of personal and societal responsibility.

Our Grateful Gatherings will be held on the first Tuesday of each month in 2024. Gatherings will be in person at Mary & Joseph Retreat Center (check kiosk upon arrival for meeting room) and by Zoom.

Cost: Free - - Donations are appreciated
To register call 310.377.4867 x250 or email jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER

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

www.maryjoseph.org

Email: jsalas@maryjoseph.org