

*Celebrating 60 Years – Reflect, Rest, Renew*

# Autumn's awe:

## FINDING YOUR INNER OWL FOR YOUR NEST

**HOSTED BY: MARK MITCHELL**

Deepen your spirituality through nature, autumn, awe, & your inner owl as you go into your next phase of life. Whether new career, retirement or aging, we will access the wisdom of your inner owl in your faith to go forward. Through nature journaling, meditation, education, discussion, & planning you will find your way home.

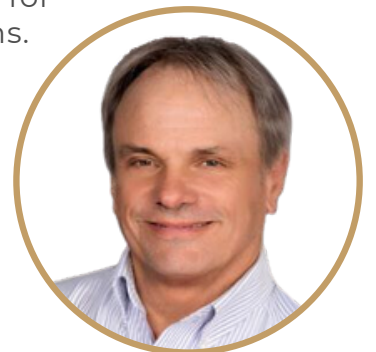
Mark Mitchell is a coach, educator, and psychotherapist with 40+ years of experience. He's taught at Loyola Marymount University, worked as a National Geographic educator, and served as a wilderness survival instructor. He now leads mental wellness workshops for various organizations.



**REGISTER  
ONLINE**



SATURDAY  
**SEPTEMBER 28, 2024**  
9:00 AM - 12:00 PM  
**\$50 Per Person**



Register online or contact José at 310-377-4867 ext. 250, [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org)

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