

Introduction to Mindfulness

A Guided Experience in the beautiful
Dallidet Gardens - San Luis Obispo



"Enjoy Experiencing the Outdoors in a New Way"

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mindfulness-in-nature.com

Learn how easy and effortless mindfulness can be! Your skilled guides will help you to enjoy this 1.5 hour fresh, yet timeless, approach. Discover how the Gardens provide a naturally supportive environment. Engage your senses - sound, sight, touch - by sitting, walking and exploring in silent contemplation.

Sessions are repeated each week. Register as often as you like.

9:00am-10:30, Tuesdays, 8/18 through 9/29/20

\$15/person/session (All proceeds benefit History Center of SLO Co)

Register: historycenterslo.org/mindful

805-543-0638

All ages, genders, ethnicities and abilities are encouraged to participate in this open, accepting space. No previous meditation experience necessary.