



A M I N I R E T R E A T

Meditations for the Heart

For adults who want to learn and practice mindful self-compassion meditation. There will be guided meditation, discussion, and an opportunity for reflection. Retreat is limited to 10 participants. Please register with Mary or Jillian by September 1st to participate.

Saturday September 7th 2019

1:00 pm to 4:00 pm

at the Shenandoah in Boise's North End

\$65, snacks included

Contact Mary Fish maryfishcounseling@gmail.com 208-509-2349 or Jillian Winters jillian@jillianwinters.com 208-971-1220