

Mindful Walks



Come join CHEARS and take a refreshing, midweek pause from your daily routine! We are offering a series of three Mindful Walks in the months of May and June at nearby parks.

Our emphasis will be on slowing down, breathing and letting Nature guide us, focusing on ways to deepen our relationship with the natural world. We'll begin with a brief dialogue, setting the focus for the evening and then off we go in silence, to appreciate what Nature has in store for us, as we bring to the trail aspects of our own lives. We'll conclude with a brief conversation sharing our experience.

Our guide will be Dr. Beverly Winterscheid, Founder of the Institute for Nature and Leadership, our partner for these events. All walks begin promptly at 7 p.m. and conclude by 8:30 p.m. Cost is \$6 per walk. Registration is required no later than the preceding Monday of each walk, with a maximum of 10 walkers. Registration and payment can be made at www.NatureLeadership.org or by phone at 703-795-7302. Exact meeting locations will be provided at registration.

May 24th - Beauty and Tranquility Brookside Gardens

June 7th - Healing through Nature Greenbelt National Park

June 21st - The Trail as a Metaphor for Life Rock Creek Park

Chesapeake Education, Arts, and Research Society

The Chesapeake Education, Arts and Research Society (CHEARS) is a non-profit organization dedicated to the health of all who share the Chesapeake Watershed.

www.chears.org



The Institute for Nature and Leadership is a non-profit, 501-C-3 organization dedicated to promoting the sustaining effects of nature through stakeholder engagement and citizen education.

www.NatureLeadership.org

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