

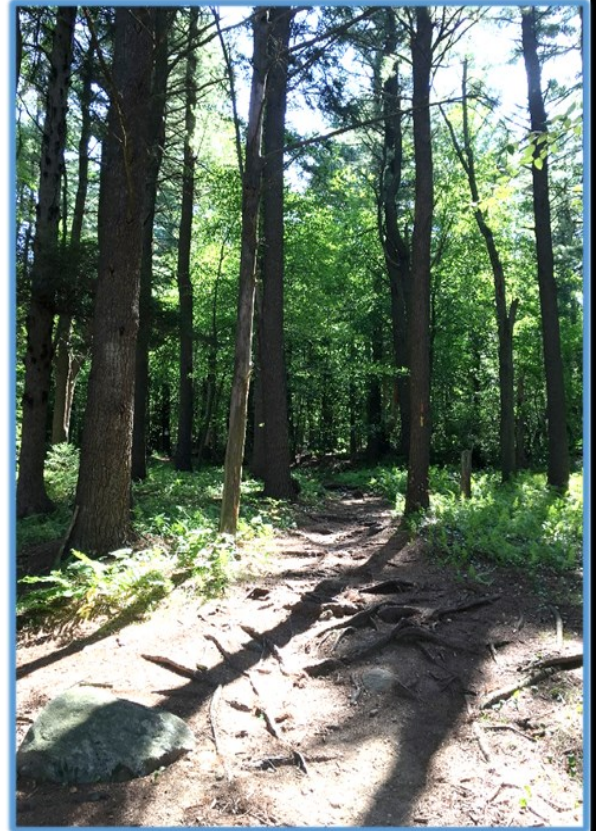
NJ Center for Mindful Awareness

now offering:



Environmental Mindfulness Practice

Cultivating Presence in the Natural World



Save
The
Date

An Invitation to join us
in the age old tradition of entering into
the natural world to observe, sense,
listen and participate in the
beauty and wisdom of nature.

Event: *Mindfulness in the Natural World Workshop*

When: *Saturday, October 13th* **Times:** *10am until 3pm*

Where: *Monmouth Battlefield State Park— Manalapan Twp*

What: *Enjoy periods of silence, listening, walking, guided
Mindfulness Practice and Instruction as we gently walk
And rest in a variety of natural environments.*

Teachers: *Ken & Maria are both avid nature lovers & experienced hikers.*

Who Should Attend: *All levels of experience with Mindfulness
Welcome. Hiking is easy/moderate.*

Cost: \$65

REGISTRATION REQUIRED—VISIT WEBSITE OR CALL/EMAIL FOR MORE DETAILS



Dr. Ken A. Verni is a licensed Psychologist and CFM Approved MBSR Teacher. with over 20 years of experience in practicing mindfulness. Ken is a frequent speaker on the topic of Mindfulness & offers trainings & workshops throughout N.J.



Maria Martinez Alonso is a Clinical Psychologist, EMDR Accredited Consultant and CFM Approved MBSR Teacher. Maria teaches internationally and currently consults for the United Nations offering Mindfulness and Stress Reduction trainings.

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