

Join the Mindfulness Community of Milwaukee for *A Half Day of Awareness* at Retzer Nature Center







May 9, 2026- 9:00am to 1:00pm
Free Event, but Registration is required!



Mindfulness
COMMUNITY OF MILWAUKEE

Join us for a rejuvenating four-hour mindfulness experience designed to help you slow down, connect with nature, and deepen your awareness. This guided program blends gentle movement, meditation, and meaningful service in a peaceful natural setting. Program will run rain or shine!


What to Expect:

-  **Gentle Nature Walk** – Move slowly and intentionally through the landscape
-  **Mindful Movement Practice** – Experience a gentle return to yourself in nature.
-  **Guided Meditation** – Reflect on and connect with the environment
-  **Forest Bathing Experience** – Immerse yourself in the sights, sounds, and scents of nature
-  **Service Project** – Give back through light environmental stewardship
-  **Programming will run rain or shine** – Some portions of the program may be moved indoors during bad weather.

Whether you're new to mindfulness or a seasoned practitioner, this supportive community experience offers a meaningful way to give and receive from nature while restoring balance within yourself.

Please wear comfortable clothing, dress for the weather, and bring water and any items you may need for being outdoors.

Contact Larry Hopwood with any Questions

 414-687-1344

**Register for available
programs at:
wauk.co/webtrac**



Retzer Nature Center
S14 W28167 Madison St
Waukesha, WI 53188
(262) 896-8007

