

The Mindfulness Community of Milwaukee is hosting

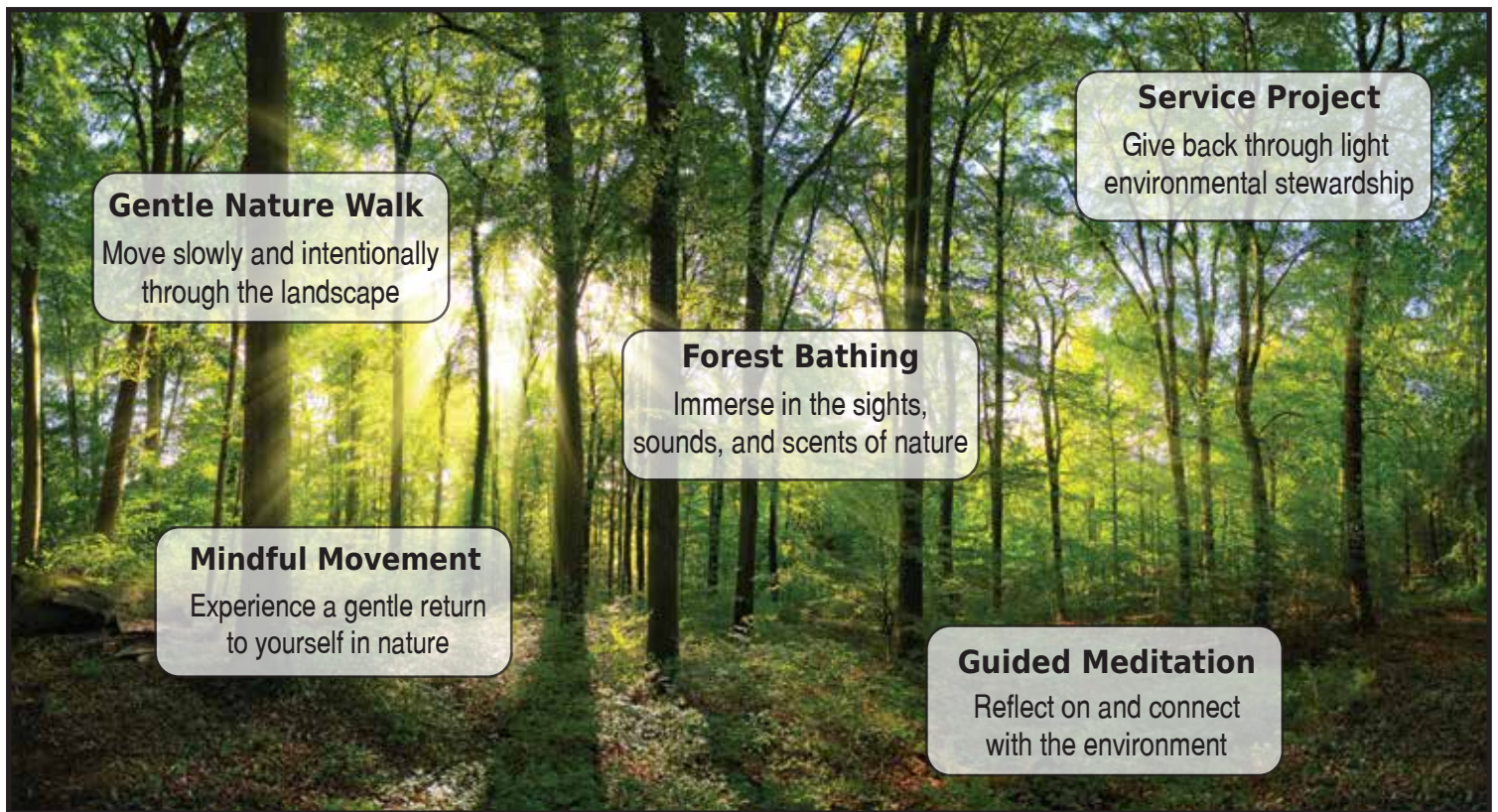
Free Event!
No reservation
required!

A Half Day of Awareness

October 3, 2026
9:00am to 1:00pm
at Havenwoods State Forest

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.

You are invited to experience ~



Gentle Nature Walk

Move slowly and intentionally through the landscape

Service Project

Give back through light environmental stewardship

Forest Bathing

Immerse in the sights, sounds, and scents of nature

Mindful Movement

Experience a gentle return to yourself in nature

Guided Meditation

Reflect on and connect with the environment

Programming will run rain or shine – Portions of the program may be moved indoors dependent on weather. Please wear comfortable clothing, dress for the weather, and bring water and any items you may need.

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



Mindfulness
COMMUNITY OF MILWAUKEE

Contact Nancy Newman with any questions
(414) 732-7361

Havenwoods State Forest
6141 N. Hopkins St., Milwaukee, WI 53209