



Journey Through Mindfulness

Saturday, November 14, 2026

9 am – 12:30 pm

Host: Mindfulness Community of Milwaukee-South

Relax ~ Reflect ~ Refresh

Come and spend time in mindfulness—an opportunity to pause, breathe, and reconnect with yourself in a supportive community. Take a break from the busyness of daily life and cultivate awareness and balance with some simple yet powerful tools.

The program includes:

- **Sitting and moving meditation**
- **Music and chant**
- **Forest bathing**—discover how nature can nurture your mind, body and spirit along the wooded trails of the Conservancy for Healing and Heritage
- **Sound bath**—a meditative experience focused on deep relaxation using the therapeutic tones of crystal singing bowls
- **Featured speakers:**
 - **Unconditional Friendliness:** How it heals ourselves & the world (Jim Barrett)
 - **Buddhism and Psychotherapy:** (Susan Trafton, EdD)

DATE: Saturday, Nov. 14, 2026, 9 a.m. – 12:30 p.m. (check-in begins at 8:30 a.m.)

LOCATION: Conservancy for Healing and Heritage
7410 West Rawson Avenue, Franklin WI

We'll gather in the Chapel at the far north end of the Ascension Health Center parking lot.

QUESTIONS: Contact: hugheslynn@sbcglobal.net

COST: Free. Goodwill donations are gladly accepted.

REGISTRATION: Use QR code for registration. Walk-ins welcome as space allows.

