

The Spirituality of Gardening Wisdom Circle

with Mary Anne La Torre



Thursdays - May 13 - 27
1 pm - 2 pm

May 13 on-site ~ May 20, 27 via Zoom

Time in the garden can become a healing and nourishing experience, a place for us to find presence and peace. In this wisdom circle, we will learn how to slow down the mind and body to find that quiet calm, being with the garden in a gentle and intentional way. All are welcome - gardening skills not required! We will gather on-site for our first session, and via Zoom for the second and third sessions. We will enjoy the time to:

~ explore meditative practices designed to help us experience the earth and the energy of the plants

~ notice how setting this intention brings a more aware state and peace to both us and the plants in our midst

~ reflect with others upon some of the life lessons we can learn from gardening

The suggested donation is \$75 per person, but please don't let finances keep you from attending. Register online here, <https://tinyurl.com/energ-plants>, or send an email to info@retreathouseshillsboro.org



About the retreat leader: Mary Anne La Torre is an R.N. with a M.A. in psychiatric nursing and training in acupressure, reiki, homeopathy, flower essences and essential oils. For 30 years, Mary Anne has had a private counseling practice, consolidating these approaches with various wellness and stress management techniques, including meditative and breathing techniques for use in nature.

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