



Photo by Jan Huber. Unsplash.com

Time Among the Trees

with Mary Anne La Torre

**Saturday, October 2
1 pm - 4 pm**

*"It's not so much for its beauty that the forest makes a claim upon men's hearts,
as for that subtle something, that quality of air,
that emanation for old trees, that so wonderfully changes and renews a weary spirit"*

Robert Lewis Stevenson

This early fall retreat on the grounds of the Retreat House invites an afternoon of quiet reflection and healing.

On a day to day basis we may walk among trees and never really sense their energy and how we are nourished and supported by them. Trees are more than sticks in the ground and our ability to connect with them in a quiet reflective way can add much to our life. Join with Mary Anne La Torre and others for an afternoon of meditation and reflection among the beautiful, mature trees at the Retreat House. We will explore simple meditative practices and have an opportunity to touch into the energy of the earth, the dynamic life beneath us, as well as sit mindfully among the trees and be nourished by them. There will be opportunities for breathing and awareness exercises and conversation.

**While the suggested donation is \$40 per person, please don't let finances keep you from attending.
Register online here, <https://tinyurl.com/RHTrees>, or send an email to
info@retreathousehillsboro.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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