

Conversations for Connection

Thursday, June 4, 7-8pm

Join Zoom meeting

<https://us02web.zoom.us/j/9740548170>

Gardening and the Soul

Whenever we stop to look at a blooming rosebud, whenever we take a few moments to sense the living world around us, we participate in the miracle of creation. Silently paying attention to our gardens is as beneficial as hours of meditation. Gardening requires dedication of body, heart and mind. Best of all it is deeply nurturing for our inner self. Gardening is soul-work.



Roland Evans is a psychotherapist, writer and teacher in Boulder, Colorado. Roland was an Adjunct Professor at Naropa University for 16 years, teaching courses on psychology, psychotherapy and systems thinking. In addition to his psychotherapy practice, he provides coaching and consultation to local non-profits through Social Venture Partners.

