

THE BEHAVIORAL HEALTH MINISTRY TEAM AND REV. CATHERINE QUEHL-ENGLE PRESENT



MIND, BODY, SPIRIT RETREAT

March 2, 10am-3pm
St. Mark's Episcopal Church, Fort Dodge

This workshop is open to ALL

The retreat will focus on:

- gentle meditative movement
- meditative seated and reclined practices
- Simple acupressure points
- Healing vibration and soothing sounds of singing bowls
- Yoga Nidra (Yoga Nidra is a guided sleep-based meditation historically used for consciously resting in Union with The Sacred) round out our time together.



Event cost: FREE

We will have food catered in. Please indicate on the registration form if you have any dietary needs

You can find more information and register on our website, <https://www.iowaepiscopal.org/mental-health> or scan the QR code.

