

# Mindful Educators Alliance Retreat



## Mindfulness For Busy People: Finding Stillness

**Saturday, April 28**

10am - 2pm (bring your own lunch)  
Petaluma Regional Library  
100 Fairgrounds Dr, Petaluma, CA 94952

Think you are too busy for mindfulness? Think again!

By attending this retreat you will be able to:

- Cultivate an inner resource of stillness even in the midst of busyness and chaos.
- Learn informal mindfulness activities you can do throughout your day
- Connect with fellow mindfulness educators, parents and mental health providers
- Relax and enjoy short periods of guided meditation, gentle yoga and mindful coloring!

Please register for the "Mindful Educators Alliance Retreat" at [Eventbrite.com](https://www.eventbrite.com).

