

Expressive Arts and Meditation Mini-Retreat

A creative mini-retreat for refuge, connection, and renewal facilitated by Tracy Riley, M.A., C.Psych.Assoc.; Kingston, Ontario.

No art experience, expertise, or meditation experience required.

➤ *Mindfulness, Compassion, Creativity, Connection, ... and Food!*

This program is being offered during late December 2014 and early January 2015 on the dates and times that work best for the majority of those interested (selected from a list of options). Contact Tracy Riley for more information.
Phone: 613-532-7519 | Email: tracy.riley@inspiringconnections.ca | Website: inspiringconnections.ca

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The end of one calendar year and the beginning of the next can be a time of reflection: reflecting on the experiences of the past year(s), as well as on anticipations, goals, and hopes for the year(s) to come. This mini-retreat is intended to offer a time of refuge, connection, creativity, and renewal. It will include guided meditation, hot beverages, light snacks (avoiding all of the most common allergens), and a paper-craft for you to make on-site that will be themed around things that are meaningful to you as you meet yourself where you are at and reflect on things you wish to remember or nourish over the days and months ahead. I have scheduled this gathering to be for 2 1/2 hours; however, we may finish a bit sooner or a bit later (but not later than 3 hours) depending. Please contact me if you are interested.

Target Audience: The mini-retreat is geared toward individuals ages 18 and over.

Location: 505 Alfred St, Unit B; Kingston, ON

Program Fee: \$39 for a 2 1/2 hour or so session. (A sliding scale of \$35 to \$45 is offered so that if you wish, you can pay a little more or a little less based on your assessment of your own situation). Materials and light snacks are included.

Group Size: This program is offered in a small group format. Please register early to avoid disappointment.

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