

Emergence and Connection: Daylong Retreat Exploration

The heart's path to genuine happiness



When: Saturday October 1st, 2022 10 am to 4 pm

Where: Prairie Hollow 6921 SW Douglas Rd. Topeka, KS 66610

Registration: \$150 per person

To Register: www.lauramead.net/classes

Engage your imagination and indulge your senses during our "Emergence" themed workshop at Prairie Hollow.

The world as we have known it has changed in so many ways in the past few years and many of us have felt that change internally as well. Times like these can offer great opportunity to deepen and expand understanding of who we are. The experiences of our lives are a combination of what happens to us and how we respond. Taking time to retreat can enhance self understanding and help us have more choice in how we respond to our world. Cultivating awareness and choice deepens our experience of genuine happiness.

This daylong exploration retreat will include guided creative exercises - both indoor and outdoor, short guided meditations, informational education talks as well as plenty of time for dialogue with questions and answers.

Co-hosted by Laura Mead and Dr. Mikinski. Discover the exhilaration and serenity of connecting deeply with loving-kindness, compassion, empathetic joy and equanimity - the heart's path to genuine happiness.

Dr. Tammy Coder Mikinski is a licensed psychologist who takes a strengths based approach as she works with clients and students. Website: <https://www.kansascitycouplestherapy.com/meet-dr-mikinski>

Laura Mead is a meditation teacher and certified bodywork therapist who has been teaching wellness classes for over 25 years. <https://www.LauraMead.net>

Laura and Tammy are delighted to be collaborating on this workshop as they share a common desire to support healthy lifestyles and relationships.

***Attendance will be limited to no more than 16 people. Register now to confirm your space.**