

Garden Event

10-8-22, 9am-12noon, In Person, Nature & You -- Spiritual Cooling in Heated Times, Rancho Palos Verdes

Description -- This workshop will help you strengthen your relationship with nature towards peace and cool. Through physical, spiritual, psychological & educational tools we will learn restoration, adaptation, & rejuvenation in dealing with "the heat of our times." We feel this heat in ourselves, with others, & in our climate. Participants will leave with inspiration, tools of healing, & a plan of action for personal, social, local, & global action. Mark Mitchell LMFT has been a psychotherapist & educator for over 40 years. He is adjunct faculty at Loyola Marymount University in addictions studies & at CSUDH MFT program. He is certified National Geographic Educator, former wilderness survival instructor, & an amateur gardener.

Cost = \$40.

Register online = <https://maryjoseph.org/event/nature-you-spiritual-cooling-in-heated-times/>

Location = 5300 Crest Road, Rancho Palos Verdes 90275

For more information = Mark Mitchell LMFT, MarkMitchellSpeaks@gmail.com, 310-822-7979, <https://maryjoseph.org/event/nature-you-spiritual-cooling-in-heated-times/>