

## Garden Event

6-4-22, 9am-12noon, In-Person, Spirituality & Nature - Find the God in the Awe of Nature

Description = Attendees will experience a deeper connection with Nature, themselves, their God, and leave with a plan of action of creating more joy in nature and the world around them. People of all faiths or no faiths are welcome. This "digital detox" workshop will use tools of mindfulness, journaling, nature sensory experiments, movement, and discussion. Mark Mitchell, LMFT, is a psychotherapist, a certified National Geographic Educator, a former wilderness survival instructor, and an amateur gardener. In addition, he teaches in the addiction studies program at Loyola Marymount University & at CSUDH. He also provides workshops & trainings for various groups & businesses on worker wellness, post traumatic growth, and nature as a resource & responsibility.

Cost = \$40.00

Register at <https://maryjoseph.org/event/spirituality-nature-finding-god-in-the-awe-of-nature/>

Location = Mary & Joseph Retreat Center, 5300 Crest Road, Rancho Palos Verdes 90275

For more information = Mark Mitchell, [MarkMitchellSpeaks@gmail.com](mailto:MarkMitchellSpeaks@gmail.com), 310-822-7979,  
<https://maryjoseph.org/event/spirituality-nature-finding-god-in-the-awe-of-nature/>