

## **Mindfulness Nature Mini-Retreat**

online with Clearview Retreat

3pm-5pm

Saturday 12 December 2020

In these times of coronavirus, we yearn for more connection with others, and with nature. Meditation can help with our sense of connection.

Join us via zoom for a 2-hour mini retreat, with Chi Kung, mindfulness meditation and nature awareness, led by Anja Tanhane and Paul Macgregor.

These practices can help us access the deeper spiritual connection that we all have with each other, and with other living beings, and with our own souls.

Anja and Paul are donating their time to teach this retreat, with any money raised going towards the upkeep of our retreat centre while it remains physically closed. Participation is via registration with Clearview Retreat [by email: [diversity@diversity.org.au](mailto:diversity@diversity.org.au)], and instead of a fee we'd like to suggest a donation of **between \$20 - \$50** from participants. If you have lost your income, participation can be free.



Anja Tanhane