



healing in nature

WORKSHOP

for gender based violence survivors

October 5th
10AM -4 PM

Participants will learn and practice mindfulness techniques by grounding in their 5 senses. We will set the intention of noticing how our body interacts with the natural world. This all day workshop will be spent walking a paved path along the Poudre River (approx. 4.5 miles).

Please email wgac@colostate.edu if you are interested in more information or to be put on a list for our next workshop.



WOMEN AND GENDER
ADVOCACY CENTER
COLORADO STATE UNIVERSITY