

*Directions and details will be sent with confirmation.
Registration deadline: October 19, 2009*

General information

We recommend that you have at least six months from any recent heart events before attending this retreat.

Think of this as a time to focus on yourself. We will use simple tools such as, listening, writing, movement, coming to stillness and play to explore listening to our hearts - to quiet our minds and to help us live in a way that nourishes our physical well-being.

About Bonnie

She has actively pursued healing her heart since her heart event in November '07 through Anusara yoga practice, mindfulness-based meditation practice, and an on-going exploration of the emotional and spiritual aspects of living with heart disease. She has a strong desire to support others in caring for themselves through reflection and meditation activities.

She has a B.S. in Child & Family Studies from UW-Madison, School of Human Ecology, has facilitated a variety of action-focused groups and for 10+ years provided direct support to persons with severe and persistent mental illness.