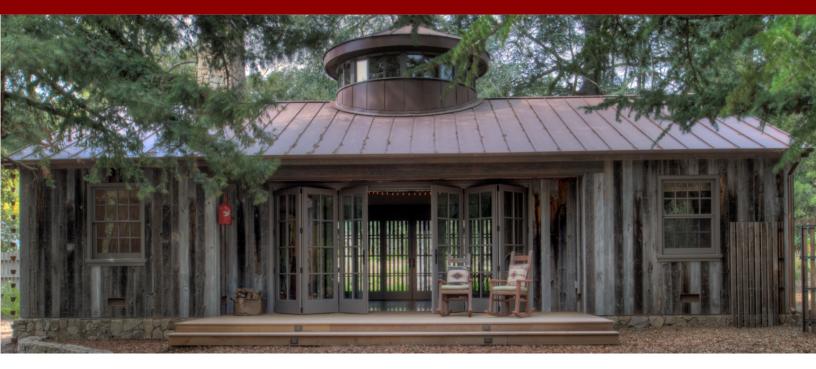


## SHARED WISDOM

a spirit house community



## **Mindfulness Retreat**

When: Saturday, April 16, 2016
Where: Retreat Center, Woodside, CA

**Time:** 8:30am – 12:00pm **Speaker**: Meg Levie, SIYLY

Cost: Free, sponsored by UHA's Provider Wellness Committee

Join us for a half day at this beautiful, exclusive retreat in Woodside to learn how to lower your stress levels, improve mindful awareness and experience a variety of contemplative practices.

We will spend a half-day focused on practical tools to inspire you to incorporate them in your lives and work. Our speaker, Meg Levie, is from the Search Inside Yourself Leadership Institute and has more than 20 years experience teaching mindfulness and meditation.

A healthy breakfast will be served.

Space limited, please RSVP to UHAWellness@stanfordhealthcare.org
Upon confirmation, attendees will be sent event address

Website: www.spirithouse.org

Facebook: www.facebook.com/WoodsideSpiritHouse/

**Twitter:** www.twitter.com/spirithouseorg/

**Instagram:** www.instagram.com/spirithouseorg/

