



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



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HEALTH CARE
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Website: www.spirithouse.org

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