## Spring 2023

# Simplicity in the Midst of Complexity

#### WHEN

Saturday, June 3, 2023 9am – 1pm

#### WHERE

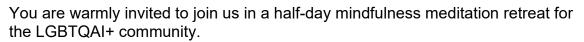
UW Health Wingra Family Medical Center 1102 S Park St, Madison WI

#### LEADERS

Toral Livingston-Jha, PCC Sarah Shatz, LCSW Michael Waupoose, LCSW

### CLASS FEE

\$60 standard fee \$35 supported fee (discount code on website)



This retreat is appropriate for adult beginner and advanced mindfulness practitioners. It will include guidance and instruction for mindful movement and sitting practices. There will also be time for discussion and questions.

We ask that if you do not identify as LGBTQAI+ you do not sign up for this retreat, as it is intended to provide respite for our community.

INFO/REGISTRATION uwhealth.org/mindfulness



UW Health Mindfulness Program (608) 265-8325

