

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)

You are warmly invited to join us in a half-day mindfulness meditation retreat for the LGBTQAI+ community.

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

UWHealth

UW Health Mindfulness Program
(608) 265-8325