

# NATURE NURTURES 2021

Workshop:  
Mindfulness for  
Improved  
Community



June 26, 2021  
11 am - 12 pm

SCAN OR CLICK ON THE  
CODE TO REGISTER



Led by:  
The Holistic Life  
Foundation

Where:  
In-person at Cherry  
Hill Urban Garden

806 Cherry Hill Road  
Baltimore, MD 21225

NOTE: There are limited numbers of yoga mats available to borrow. Mats are first come first serve. Participants are encouraged to bring their own, but a mat is not required to participate!

You'll learn:

- Learn and reflect on the experiential learning cycle
- Participate in hands on activities that promote SEL learning
- Observe and discuss effective facilitation skills



HOLISTIC LIFE FOUNDATION



Cities  
Connecting  
Children to  
Nature  
BALTIMORE, MD

# NATURE NURTURES 2021

## Workshop Summary:

This Nature Nurtures 2021 session is for anyone interested in mindfulness, yoga, and self-care practices taught by Holistic Life Foundation. These practices will aid with learning, community development, and stewardship of the environment. Attendees will also learn to use this approach to develop self regulation, compassion, and empathy.

### Attendees will:

- Learn and reflect on the experiential learning cycle
- Participate in hands on activities that promote SEL
- Observe and discuss effective facilitation skills

## Nature Nurtures 2021: Workshop Series

Learn more about Nature Nurtures and sign up for additional workshops by scanning or clicking on this code:



Questions? Contact Anika Richter at [anika.richter@baltimorecity.gov](mailto:anika.richter@baltimorecity.gov)



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