



**Heart of Mindfulness
September 2017-May 2018
Schedule by Date**

Saturday, September 23, 2017 1:00-6:30pm (60-90 minutes from Washington)	Day long retreat
Saturday, October 14, 2017 1:00-3:00pm – Workshop 3:15-4:15pm – Mentoring Group	Circle Yoga
Saturday, October 21, 2017 1:00-3:00pm – Workshop 3:15-4:15pm – Mentoring Group	Circle Yoga
Friday, November 3, 2017 6:30-8:30pm	Circle Yoga
Saturday, November 18, 2017 1:00-3:00pm – Workshop 3:15-4:15pm – Mentoring Group	Circle Yoga
Saturday, December 9, 2017 1:00-3:00pm – Workshop 3:15-4:15pm – Mentoring Group	Circle Yoga
Saturday, January 6, 2018 12:45-1:45pm - Mindful pot luck lunch 2:00-4:00pm – Workshop 4:15-4:15pm – Mentoring Group	Circle Yoga

Friday, January 26, 2018

6:30-8:30pm

Circle Yoga

Saturday, February 10, 2018

10:00am-3:30pm

(60-90 minutes from Washington)

Day long retreat

Saturday, March 10, 2018

1:00-3:00pm – Workshop

3:15-4:15pm – Mentoring Group

Circle Yoga

Saturday, April 21, 2018

1:00-3:00pm – Workshop

3:15-4:15pm – Mentoring Group

Circle Yoga

Friday, May 4, 2018

6:30-8:30pm

Circle Yoga

Friday-Sunday, May 18-20, 2018

Arrival and departure time TBD

(Germantown, MD)

Weekend Retreat