The Mindfulness of Natural History  
and the Natural History of Mindfulness

A virtual workshop with
Will Duncan  
and Tom Fleischner

Saturday, May 23, 2020  
9AM-3PM Arizona Time/PDT  
(10AM-4PM MDT, 11AM-5PM CDT, 12PM-6PM EDT)

Online

Please note that this workshop is not continuously online, but also involves actual practices in the woods, your back yard, or in front of your window.

Join Will Duncan and Tom Fleischner on an exploration of both inner and outer landscapes. Naturalists and meditators rely on advanced skills in observation and mindfulness. Learn the foundations of these skills and then explore how they can be used to tune into our connections with the external world as well as create a greater sense of well being and harmony in the internal terrain.

Registration Cost: $42 ~ Space is limited!

Participants must have access to a computer with internet connection.

For more information, or to register for the workshop, contact the Natural History Institute:  
(928) 863-3232 ~ info@naturalhistoryinstitute.org