

Get Outside & Go Within!

A Mindful Outdoor Experience at Louise Moore Park

A guided mindful walkabout on trails through woodlands & meadows at Louise Moore Park with Kripalu Mindful Guides Trish Tiernan & Chuck Thomas

Sponsored by Northampton County Division of Parks & Recreation

Saturday, October 19, 4:30-6:30pm

Meet promptly at 4:30pm at Pavilion 2 on the west side of Louise Moore Park, 151 Country Club Road, Upper Nazareth Township, PA 18045



***Mindful connection to the outdoors is crucial for cultivating a balanced, inspired & fulfilled life.
Let yourself be guided...***

**This program is free-of-charge; however, registration is required.
To register, call Jim Wilson at 610.829.6404 or send email to
jwilson@northamptoncounty.org**