

# ***Get Outside & Go Within!***

## ***A Mindful Outdoor Experience at Minsi Lake Park***

***A guided mindful walkabout on & off trails & through woodlands & wetlands at Minsi Lake Park with Kripalu Mindful Guides Trish Tiernan & Chuck Thomas***

**Sponsored by Northampton County Division of Parks & Recreation**

**Saturday, February 29, 3:30-6:00pm**

**Meet promptly at 3:30pm at the West Shore Parking Lot at Minsi Lake  
Intersection of Lake Minsi & Blue Mountain Drives  
Upper Mount Bethel Township, PA 18013**



***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](mailto:jwilson@northamptoncounty.org)**