

Mountain S.E.E.D. Conference

Social Emotional Educator Development

Friday, Nov 17-Sunday, Nov 19, 2023

Location: Angelus Oaks, CA

Camp De Benneville Pines

PLANNING YOUR STAY

Arrive Friday in time for main check-in (3-6pm) and Dinner (6:30pm)

Depart Sunday after Breakfast (flexible check-in and out)

Pack for cooler weather with layers and sturdy, closed-toe shoes for walking



PRICING AND REGISTRATION

Online registration begins August 1, 2023
www.heartandgoal.com

Early Bird Pricing as follows
\$325 before October 6, 2023 (6 weeks out)
\$350 after October 6th

Pricing includes: 2 nights in cabins, 5 meals, all programs and use of facilities

AGENDA

FRIDAY

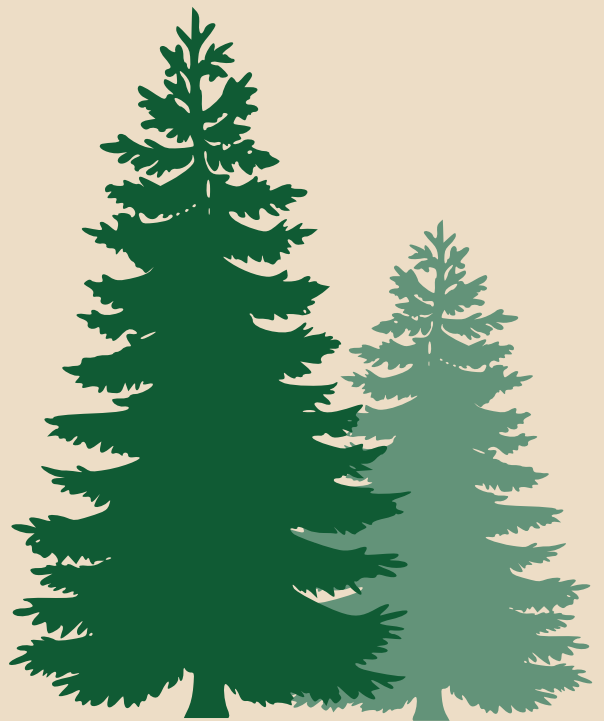
- Check-in/socialize/settle in
- **Dinner**/Opening remarks/Set Intentions
- Restorative Yin Yoga

SATURDAY

- Morning Movement/Breathing
- **Breakfast**
- Clarify Your Values workshop with Kathy Jaffe, LCSW, CDWF (Certified Daring Way™ Facilitator)
- **Lunch** followed by your choice of guided hike to lake, mindfulness walk, or free time--*remember there's no such thing as bad weather if you have the right clothing!*
- Mindful Art Session: Making Mandalas with Dr. Tracy Marrs
- Experiential, trauma-informed practices with small groups exploring evidence-based tools from yoga and mindfulness
- *Rejuvenation and Integration Time*
- **Dinner**
- Guided relaxation for sleep

SUNDAY

- Morning Meditation
- **Breakfast**
- Create your own HEART goals
- Closing Intentions
- **Grab and Go Lunch**
- Farewell and check out



LEAVE WITH

- Certificate of Completion
- Clarity of your values to live in more alignment
- New ideas and inspiration
- Feelings of connectedness and support
- The joy that comes from being in nature and in community

