



Let Your Cares Melt Away  
Be Present, Breathe, &  
*walk lightly upon the earth.*

## Mindful Walk + Restorative Sound Sessions

“To walk mindfully is to touch the peace of the present moment with each step.”  
- Matt Valentine’s *Zen for Everyday Life*

Let’s take a walk together! Let’s keep it simple, and yet profound. Come for a weekly mindful walk in nature along the lovely Oak Point Nature trail. Afterwards, join Mindfulness Facilitator, Genie Johnson in the state of the art retreat center, for a restorative sound session. Genie incorporates the deeply soothing sounds of the crystal singing bowls, the Awakening Bells, (whose sweet sounds are actually tuned to help entrain your brain waves to slow down), and the smooth harmonics of “Bodhi - the gong,” **to help you deeply relax the body, while practicing building the muscle of mental focus.**

This is a great weekly, **rest & reset, and restorative practice** for your mind and body. \*Remember to bring your favorite yoga mat and a blanket!

**Tuesdays at 6:30pm – 8PM**

**April 16<sup>th</sup> - May 7<sup>th</sup>**

Oak Point Nature Preserve

5901 Los Rios Blvd.

Plano, TX 75074

(972) 941-7250

\$89 Pre-Register at [www.PlanoParks.org](http://www.PlanoParks.org)

- Invitation & word of mouth only. Event not yet publicly listed.  
**Minimum 5 Registrations needed by April 12<sup>th</sup>** for class to make.  
*Will it be you?*

