



One Day Retreat Taming the Anxious Mind

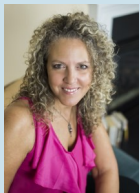
Join us at Oak Grove Retreat Center
3244 McNair Rd. Tarboro, NC 27886
September 16, 2023
11:00 AM-4:00 PM

Join us at the serene Oak Grove Retreat Center and leave the stressors of life behind you. Spend the day learning, relaxing, and connecting. Learn how to listen to anxiety, understand its message, and respond in ways that quiet the unpleasant sensations. Using various techniques you can connect to your inner wisdom, calm your body, and gain new insight and awareness. We will use Cognitive Behavioral Therapy, somatic experiencing, writing/drawing, music, working with energy, and have quiet time to reflect.



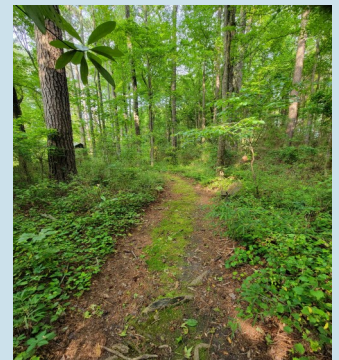
Your up and down emotions are like clouds in the sky; beyond them, the real, basic human nature is clear and pure. Lama Thubten Yeshe

Connect with others in a warm inviting environment, and take time for your self to mindfully stroll the walking path or labyrinth, or rest in the hammock.



Lori Zeh, LCSW, Certified Clinical Trauma Professional, Reiki Master has been a psychotherapist for over 30 years and worked with hundreds of people to help them understand and work through the underlying causes of anxiety, depression, trauma, and feeling not good enough, in order to gain personal growth and fulfillment. She has a private practice in Chapel Hill/Durham, NC.

<https://www.psychologytoday.com/us/therapists/lori-zeh-durham-nc/1022527>



Cost: \$97 Limited to 20 so register early

<https://www.oakgrove-retreat.com/event-details/taming-the-anxious-mind-with-lori-zeh>

Important: Bring your lunch, snacks, and beverages

Wear comfortable clothing, bring a mat, blanket, neck rest/pillow or use the ones supplied at the center.

Bring a journal or drawing material to use during the retreat.

Glamping & Cabin Accommodations are available by contacting Trisha <https://www.oakgrove-retreat.com/>