

**WHEN:**

July 5 - 9, 2021

8AM - 4.30PM

**WHERE:**

11108 Eagle View Drive  
Brainerd MN, 56401

// AWARENESS / CONNECTION / EMPATHY //

No plans this summer? Then you are warmly invited to join us for a weeklong outdoor mindfulness experience designed to foster and cultivate awareness, connection, and empathy for yourself, others, and the world around you.

# MINDFULNESS RETREAT

*for teens*



**Rate: \$125/week\***

\*Scholarships are  
available for all.

*Blue Lotus Mindfulness and  
Meditation Center*

218.230.9690

[www.bluelotusmeditation.us](http://www.bluelotusmeditation.us)

[bluelotusmindfulness@gmail.com](mailto:bluelotusmindfulness@gmail.com)

