

Burnout Prevention Mindfulness and Meditation Retreat 2

THE NOBLE MAAT
COLLECTIVE



- Meditation
- Yoga
- Pranayama/breathwork
- Contemplative practices
- Trauma informed mindfulness practices
- Periods of Noble Silence

*No experience is necessary. Learn from a **BIPOC certified Dharma teachers** and yoga facilitators!!!*



Date: **March 25-29th
(Spring Break)**

Place: Zigbone Farm Retreat in the Catoctin mountains in Northern Maryland.

Cost: Only \$1200 covers your room for all 5 days, all chef-prepared meals and all workshops!

BOOK NOW AT WWW.NOBLEMAAT.COM

Questions contact
ceo@noblemaat.com



Scan to Pay

Retreat

The retreat facilitator is Alexis Thomason, the CEO and Founder of **The Noble Maat Collective LLC. She is a Certified Mindfulness Meditation Teacher with 20 years of experience in teaching, workshop facilitation and meditation practice.**



During this retreat:

- **Participants learn practices that are immediately transferrable in both personal and professional contexts.**
- **Retreat qualifies as Professional Development (PD) for MH staff. Payment by invoice and certificate of completion available.**
- **Workshops are helpful for those who have experienced trauma, loss or secondary trauma from working with people experiencing crisis or loss.**
- **No experience with mindfulness or meditation? No problem! This is the perfect time to learn! Stop putting yourself last! Take care of yourself so that you can take care of others too.**

Room Pricing

**\$1200 per person
(base rate)**

**\$1300 per person
for a private room
w/shared bath**

**\$1500 per person
for a private room
w/private bath**

**\$200 savings
w/early bird
discount if
purchased by
1/31/24**