



The Burn Out Prevention Mindfulness and Meditation Retreat

October 25th - October 27th



Are you tired of being tired?

Do you help everyone except yourself?

Do you think you are too busy to slow down?

If you answered yes above, this retreat is for you!

Find out how much better you can feel and more you can accomplish by using mindfulness and meditation to find balance in your daily life.

Retreat includes:

- Three blissful days and two nights' accommodation at Zigbone Farm Retreat
- All personal-chef prepared meals
- Daily mindfulness workshops
- Daily trauma-informed self-care activities
- Daily guided and silent meditation
- All practice materials



Click to  **LEARN MORE**
on Eventbright

Or Scan the QR code to Register Now!

Or Call Alexis at The Noble Maat Collective at 240-428-8535



THE NOBLE MAAT
COLLECTIVE



Alexis Thomason, is the CEO and Founder of The **Noble Maat** Collective LLC, a DC-based wellness Education company. She is a Certified Mindfulness Meditation Teacher and a non-profit and education leader with 20 years of experience in meditation, education and workshop facilitation.



Alexis teaches from her belief that wellness is a basic need for everyone, not a luxury for some. Noble Maat is especially passionate about sharing practices that build resilience with those that live, work in or support historically underrepresented communities in crisis.

During this retreat, participants will have the opportunity to learn and practice various mindfulness and meditation techniques to support wellbeing in a beautiful modern yet cozy setting on **Zigbone farm**.

- Participants learn practices that are immediately transferrable in both personal and professional contexts.
- Workshops will be helpful for those who have experienced trauma from living or working in toxic spaces; 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.

Burnout Prevention Retreat Pricing

\$450 per person
for a double
w/shared bath

\$500 per person
for a single
w/shared bath

\$550 per person
(for log-cabin
room with private
bath)

