



SPRING RETREAT 2023 OPEN FOR REGISTRATION!

Make new friends this Spring Break and learn about mindfulness, our tools and resources. Join us and become part of the MindFULLme family!

Early registration
until 02/22: **\$75**

**SCAN RIGHT NOW
TO REGISTER**



ALL INCLUDED:

- Merch!
- Food
- Mindfulness Tools
- Aromatherapy
- Sports
- Tai Chi
- Mindfulness Movement
- Meditations

Regular registration starts 02/23: **\$100**

March 20-21, 2023

9am-3pm

Snyder Park, Fort Lauderdale

Up for something new this spring break? Be part of our spring retreat where you'll spend 2 days in nature with other adventurers!