



Be Well Be Here

# Be Present:

## A Full-Day Retreat for Well-Being

**Sunday, December 27, 2020**

Wrap up 2020 with the gift of personalized mindful wellness practice in this day-long healing retreat that features outdoor practice and online sessions. Join Be Well Be Here's master mindful wellness collaborators Nina Englander, Nicole Grant, Julie Ramsdell and Lara Wilson for this unique multi-session retreat compassionately co-created for you. Each segment offers an experiential mindful practice that generates integrated rejuvenation of body, mind and spirit. Prepare to **Be Present** and shift toward optimal wellbeing!

### 8:30 am **Mindful Opening**

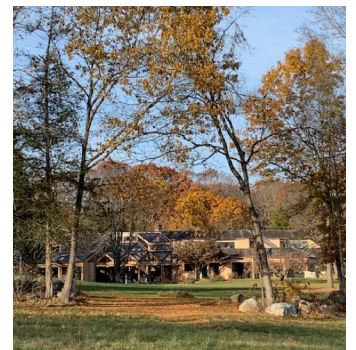
Welcome! Begin your **Be Present** retreat gathering online in community with a brief EPIC Way journaling practice designed by Be Well Be Here founder, Lara Wilson. Observe the moment mindfully, open to what truly matters, and set yourself up for a rich retreat experience. (20 min – online)

### 9:00 am **Mindful Morning Practice**

Wake up, energize and **Be Present** in a new way with Dr. Nina Englander. Using her own *Elevate* method, Dr. Nina will guide you in exploring the healing energetic flow of your Self and your cells in a beautiful and joyful morning practice. (1 hr - online)

### 11:00 am **Wellness Walk**

**Be Present** at Be Well Be Here's outdoor retreat space on over 12 acres in rural Concord. Connect with nature through principles of safely-distanced Mindful Walking and the Japanese practice of Forest Bathing with embodied meditation guide, Lara Wilson. Honor your natural way to Be Present as we continue on the path. (1 hr - outdoors)



*\*Mindful commute home\**

**12:30 pm Mindful Lunch**

Join us in community as we mindfully share a virtual lunch hour. **Be Present** online with your questions about healthy living for our Q&A session focused on mindful nutrition, supplements and body awareness. (45 min. – online)

*\*Mindful break for digestive health\**

**2:00 pm Mindful Movement**

Join yoga therapist Nicole A Grant from your home for live-stream yoga practice to integrate and harmonize all physiological systems –musculoskeletal, cardiorespiratory, neurological, digestive, endocrine and immune – and bring the whole of your being into energetic alignment. Open to the potential that permeates each moment, and **Be Present** as you ride the transition from resistance to renewal into the new year. (1 hr – online)

*\*Mindful break to settle the self\**

**4:00 pm Mindful Tune-Up**

Tap into your source of serenity with certified Biofield Tuning expert, Julie Ramsdell. Refresh on a cellular level as you find inner balance through Biofield Tuning, an energy practice based on principles of resonant sound healing. Release, realign and integrate the day's mindful wellness practices with this gentle yet powerful recalibration of emotion and energy. Tune in, **Be Present** and feel yourself heal! (1 hr - online)

*\*Mindful meal of your making\**

**8:00 pm Mindful Closure**

Where are you now? **Be Present** as we gather to journal briefly and process the wonders of the day, aware of possibilities and a new way of wellBeing.

## 8:30 pm **Mindful Meditation**

Invite the body to settle with a guided meditation before sleep. Embrace the inner wisdom that arrives having spent the day connecting to your authentic nature by exploring mindful wellness practices in community. **Be Present** as we acknowledge all that has brought us to this new moment, and all you will carry with you as your journey continues. (45 min - online)

Give yourself the gift to **Be Present** for this day-long mindful wellness retreat, and take this first step on your journey to natural well-being.

**\$248 includes all 8 sessions with master practitioners.** Space is limited to provide personalized attention.

Please be in touch if you require subsidized pricing due to financial hardship by emailing [Lara@BeWellBeHere.org](mailto:Lara@BeWellBeHere.org)

Be Well Be Here follows Covid protocols mandated by the town of Concord and the state of Massachusetts