

# Mindful Birding Retreat

## Cultivating Authentic Presence in the Wilderness

Master the art of embodied presence through attunement to nature

Each bird becomes a mirror, each step a grounding breath

Carry the clarity of connection into your life!



**Sept. 29 – Oct. 1**

**Silver City, NM**

**Voice of the Turtle Retreat Center**

**\$290 - \$450 (Based on lodging)**

**Your Co-facilitators:**

**Kim Score ~ Nature-Connected Coach, Birding Guide, & Field Ornithologist**

**Chris Chappell ~ Nature-Based Therapist, Birding Guide, & Mindfulness Instructor**



**Take Flight Counseling**

Healing with Nature

**Register Now!**

**Email Kim for info:**

**[BirdingPalNewMexico@gmail.com](mailto:BirdingPalNewMexico@gmail.com)**