

# THE NEW JERSEY SCHOOL OF CONSERVATION

Presents:

## OBSERVING NATURE: INWARD & OUTWARD

A Weekend of Self-Discovery Through Mindfulness in Nature

Designed and Led by

### PETER DEL VECCHIO

Life Coach, Environmentalist, Author,  
Nature Photographer, Teacher

**OUR SECOND YEAR!**



PETER DEL VECCHIO  
PROGRAM LEADER

**SATURDAY & SUNDAY  
SEPT. 16 & 17, 2023**

- Simple & Powerful Mindfulness Techniques
- Nature Observation Walks (Some Silent)
  - Cell Phone Nature Photography
  - Deep Relaxation Instruction
    - Private Journaling
  - Evening "Camp" Activities!

€199<sup>00</sup> Full Program w/Overnight || €119<sup>00</sup> Single Day, No Overnight | €35<sup>00</sup> Add-On: Saturday Overnight



**FOR MORE INFO:**

**INFO@FriendsofNJSOC.org**

**FOR REGISTRATION:**

**www.FriendsofNJSOC.org/events**