

# Living Mindfully Festival & Peace Walk

The Countdown is on for Fort  
Myers First Annual  
Peace Walk &  
Celebration of Mindful Living.

September 24, 2011 - 9am – 1pm



## Activities Galore

- Mindful Gardening with local authorities, including butterfly attraction
- Guided walks:
- Birds of Lakes Park
- Tour of the Fragrance Garden
- An Ethnobotany walk
- Yoga and Tai Chi: Gentle, meditative physical exercises designed for relaxation, balance and health
- Tips for Managing Stress
- Children's Drumming circle
- Mandala creation --participate in a directed art project to create a community mandala
- Art as a Mindful activity
- Chair massage
- Creative activities for children and families (Children's area hosted by Renaissance School)
- Story telling, and much more.

## Pre-Register for the Walk Today!

**Lakes Regional Park, Fort Myers, FL**

**Opening Ceremony – 9:00am**

The Peace Walk Opening Ceremony will take place on the Bermuda Field in front of the lodge. The ceremony opens the guided walk, recognizing and promoting inner peace and harmony for individuals and the community.

The handicap accessible walk is about  $\frac{3}{4}$  of a mile. There will be a number of designated points for reflection, ending with a beautiful butterfly release and the shared experience of creating a Sunflower Mandala to express the experience of Peace in the Community.

PRE-REGISTER for \$15 and receive free parking. Go to:

[www.moveswfl.com](http://www.moveswfl.com)

For more information, please contact:

Mary Robinson 239-277-0646 Hearts' Path to Mindful Living

John Kiseda 239-432-2163 Lee County Parks & Recreation

## Our Project Partners Are in Full Swing

Project partners will be holding special events throughout the week. Our Hearts' Path partners include Integrative Mindfulness, Lee County Parks & Recreation Dept., Renaissance School, HD PR Group Marketing & Media, Lee County Alliance for the Arts, SW FL Naturally and the Cypress Cove Retirement Community.

