

# WORKING on MYSELF (during a solo-retreat in nature) ~ Stephanie Nash

00:00:00 So I've been thinking about this retreat I'm leading. It's only a little three to

00:00:06 five day retreat in August 17th and 21st and it's about dismantling stress with

00:00:13 mindfulness. And so as I'm sitting here doing my techniques I can't help but think of what I want to share with people.

00:00:21 Oh, that would be so much fun. So I didn't intend to do it till after I got back but I've had time to read

00:00:28 books and listen to other people's meditations and practice. Isn't that pretty? Oh look at that.

00:00:38 It's so nice here. I'm looking forward to presenting a retreat right after having two weeks too.

00:00:48 I'm glad about that.