

MINDFULLY BLOOMING INTO RETIREMENT

EMBRACING CHANGE AND DISCOVERING MEANING



A Workshop Series

Tuesdays: Aug., 23, 30, Sept., 6, 13th 9:00am-12:00pm

Farmington Valley Arts Center, Avon

Contact us at harpanmeditation@gmail.com or 860-670-0452

Use the practices of Mindfulness, Mindful Self-Compassion and the sounds of the Therapeutic Harp as a foundation as we explore the process of retirement.

Assess your level of self-care and your values for balance and alignment.

Determine what motivates you, excites you and brings you meaning.

Explore what lies dormant in you that is ready to bloom.

Marcie Swift, M.Ed., NCSP, CMP is both a Psychologist and Certified Therapeutic Musician. She recently re-opened her private practice in school psychology to help adults cope with pandemic factors that impact life goals, especially career planning and retirement. In addition, she creates sanctuaries of sound that heal and elevate.

Angela Mazur, MS, LCSW, LLC is a psychotherapist and mindfulness teacher. In her 37 years of experience, Angela has worked in non-profit agencies, retreat centers and private practice.