



# Holidays or HoliDaze?

*Experiencing Mindfulness in the Midst of the Holiday Season*

**Saturday, November 2 ♦ 9:00am-3:30pm**

Check-in: 8:30-9:00am ♦ Lunch included

**Mercy Conference and Retreat Center**  
2039 N. Geyer Rd. 63131 / [mercycenterstl.org](http://mercycenterstl.org)

*Facilitated by Coke Hennessy*

**Is it possible to navigate the holiday season with *less* stress and emotional overload and *more* calm and equanimity?**

Join us for a day-long workshop on bringing Mindfulness to the holiday season. This practical and experiential workshop will provide time to explore mindfulness practices that can enhance this special season. You will have the opportunity to learn, discuss, experience, and journal about mindfulness practices that can help you experience more peace in the midst of life's stressors. And this time of year can certainly bring its share of stressors! We will set intentions as we move into this holiday season. The timing is perfect!

This workshop is suitable for those new to mindfulness as well as those who are long-time mindfulness practitioners. People of all faith traditions are welcome.

About our Facilitator: Coke Hennessy has had a mindfulness practice for over 20 years. She is a certified mindfulness instructor and she has taught mindfulness for over a decade. Coke has received wonderful reviews as the instructor for the *Foundations of Mindfulness* and *Deepening Mindfulness Practice* classes she has taught at Mercy Conference and Retreat Center.

**\$60 Earlybird Registration: before noon October 25**

**\$70 Registration noon October 25 - noon Oct. 30**

*Limited partial scholarships available. FMI, contact Cathy (314-909-4646 or [cmodge@mercycenterstl.org](mailto:cmodge@mercycenterstl.org).)*

----- ✂ Please submit payment and registration online at [mercycenterstl.org](http://mercycenterstl.org) or with form below -----

Name \_\_\_\_\_ Preferred Phone: \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_ How did you hear about this program? \_\_\_\_\_

\_\_\_ \$60 - Holidays or HoliDaze? **Earlybird** Registration: **before** noon October 25

\_\_\_ \$70 - Holidays or HoliDaze? Registration noon October 25- noon Oct. 30

*Registration is complete when payment & registration information are both received. Refund policy may be found on our website.*

*Please make checks payable to Mercy Conference and Retreat Center and submit to  
Mercy Conference and Retreat Center / 2039 North Geyer Rd. / St. Louis, MO 63131*

*For questions about registration process, please call 314-966-4686 or go to [mercycenterstl.org](http://mercycenterstl.org)*

*Office Use Only: "Holidays or HoliDaze?" (Nov. 2, 2019) - Confirmation sent ☐*

