



Heartland Community of Mindful Living
Breathing and Smiling Together Since 1997
 presents

Loving the Life You Have: Finding Peace, Joy & Happiness No Matter What Happens

November 2 - 4, 2012

A weekend mindfulness retreat
 in the tradition of Thich Nhat Hanh

Learn more at mindfulnesskc.org
 (913) 909-3930

