



# Beyond BOW

## SPRING WELLNESS WORKSHOP

Join us in welcoming a season of bloom and vitality!

Recharge and reconnect with nature at this new

Beyond BOW Workshop. Learn mindfulness techniques, identify local plants and birds, create a nature inspired craft, and explore a scenic property with friendly goats, chickens, and horses. Find peace and purpose in the fresh air - Register today!

Lunch and activity materials provided.

4.28.2024

9:30AM - 2:30PM

**Thorpewood Property**

**Thurmont, MD**

