

# BE PRESENT. BE OUTSIDE. GET CONNECTED.



## AN OUTDOOR MEDITATION GROUP

### CREEK FARM RESERVATION

400 LITTLE HARBOR ROAD  
PORTSMOUTH, NH 03801

**WEDNESDAY MORNINGS:**  
JUNE 5 - AUGUST 21,  
7:30 - 8:15 AM

**THURSDAY EVENINGS:**  
JUNE 13 AND JULY 11, 8:15 PM  
AUGUST 8, 8:00 PM



**SOCIETY FOR THE  
PROTECTION OF  
NEW HAMPSHIRE  
FORESTS**

Join us to practice mindfulness at peaceful Creek Farm! Teacher Liz Korabek-Emerson, MFA will lead a sitting and walking meditation practice by Sagamore Creek on Wednesday mornings from June 5 to August 21. Liz will also lead sunset meditations on the second Thursday evening of each month. No experience is necessary! Please meet on the lawn by the lions. Liz will post weather updates on her website: [www.korabektraining.com](http://www.korabektraining.com).

Cost is by donation to support the Creek Farm Reservation.

Pre-registration is not necessary and everyone is welcome!

**CREEK FARM SERIES | FORESTSOCIETY.ORG/CF**

**KORABEK TRAINING**

**SINCE  
1901**

