Absorbed in the Task at Hand

An Oct. 12 Workshop on Single-tasking and Mindfulness

Join personal coaches Amy Camp and Priscilla Robinson for a nature-based workshop on single-tasking and mindfulness. One is a habit, the other a way of being. Both render amazing results.

This interactive workshop will include group walks and discussions, personal reflection, and mindfulness exercises.

When: Sunday, October 12, 10 a.m. – 1 p.m.

Where: An historic farmstead in McMurray (directions to be provided upon RSVP)

Cost: Suggested donation $15

RSVP and questions: amy@cycleforward.org or ppr532@gmail.com by Oct. 8.

"Be happy in the moment, that's enough. Each moment is all we need, not more."
-Mother Teresa

"Multitasking is Out; Single Tasking is In"
-Huffington Post

Both Priscilla and Amy are graduates of Duquesne University's Professional Coach Certification Program and are practicing Professional Coaches. Priscilla offers work-life balance and empowerment coaching. Amy offers nature-based coaching focusing on career satisfaction.