



Wild Mind

A Nature and Mindfulness Workshop

Pro-D Day Opportunity at Camp Thunderbird

October 23, 2026 | 9am-3pm

Cost (Including lunch): \$95

To Register

Register Online:



Or Call Y Registration Services:
250-386-7511

For more information contact Hana Kucera
hkucera@vancouverislandy.ca

Retreat with us for an inspiring and immersive day-long workshop. Designed to help you reflect on your own connections to nature and explore ways of bringing creativity, nature-based and mindfulness practices into your work and life.

This workshop is experiential and will include structured reflection and discussion. You will come away more inspired, curious and equipped with a renewed sense of wonder, some new ideas and evidence-based practices.

WildMind is ideal for educators, youth workers and, counsellors interested in bringing nature and mindfulness into their workplace. The workshop is inclusive of participants with diverse experiences and abilities. We will be spending most of the day outside, so please come prepared and dressed for the weather.