



new year's norcal teen retreat

ring in the new year with meditation,
merriment, and meaningful conversations

new year's mindfulness teen retreat
dec 28 – jan 1
black mountain retreat center
cazadero, california

for teens 15-19 years old
apply by Dec 6th
inwardboundmind.org/norcal
[@inwardboundmind](https://www.instagram.com/inwardboundmind)