

Mindfulness, Movement & Art



Mindfulness, Movement and Art at Mercy by the Sea~Madison Connecticut September 30-October 5, 2018

Treat yourself to a reflective retreat of mindfulness practice, gentle movement and inspirational art at the beautiful seaside retreat and conference center, Mercy by the Sea. The five-day event will be led by Kate Mitcheom, MSN, CNM, RYT, Certified Mindfulness-Based Stress Reduction Instructor and Kathy Daniels, MA, art historian and former gallery director for St. Catherine University. *Kathy and Kate, lifelong friends are both 1973 graduates of St Catherine University.*

The mornings will start with meditation and movement followed by lunch; the afternoons would be a short bus trip to New Haven to visit the Yale Art Gallery and the Yale Center for British Art. The evenings are open for reflection, conversation and enjoying the seaside environment.

The cost of the retreat is all inclusive

(except for airfare and transportation to Mercy by the Sea).

\$1595 early bird double occupancy (by July 15)

\$1795 double occupancy (after July 15)

Contact Kate for single occupancy rates.

REGISTER NOW at:

www.katemitcheom.com/mindfulness-movement-and-art-sept-30-oct-5/



Kathy Daniels, graduated from St. Catherine University class 1973, BA in Studio Arts and Education. She was president and co-owner of Daedalus Fine Arts in Minneapolis, MN from 1981-84. She received her masters in art history from the University of Wisconsin, Madison, 1991. MA Thesis on Isabel Bishop's painting Dante and Virgil in Union Square became the central theme of a major exhibition, *Between Heaven and Hell*, Union Square in the 1930's at Sordoni Art Gallery, Wilkes University, Wilkes-Barre, PA, 1996.

She was gallery curator and director for the Catherine G. Murphy Gallery, St. Catherine University, St. Paul, MN, 1993-2016. In 2014 she participated in "Expanding A Shared Vision—The Art Museum and the University," Conference at Yale University. She is an adjunct instructor of Studio Art and Art History as well as a guest lecturer. She has led numerous art tours throughout the United States as well as Paris.

Kathleen Mitcheom M.S.N.,C.N.M. R.Y.T. graduated from the Yale School of Nursing as a Nurse-midwife in 1981. She has practiced women's health care for thirty years at the Fair Haven Community Health Center which motivated Kate to pursue areas of integrative medicine including Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy.

Kate has been practicing meditation since 1991 and teaching meditation since 1995 after training at Omega with Jon Kabat-Zinn, PhD. and Saki Santorelli. In 1996 she founded the Mindfulness-based Stress Reduction Program (MBSR) at the Fair Haven Community Health Center in New Haven, CT, where she taught meditation to pregnant women and their partners in the inner-city and offered MBSR for patients with chronic and life-threatening illnesses.

