

# Koru Half-Day Retreat



Please join us for a half-day mindfulness and meditation retreat. The day will include practice with meditation, yoga, and mind/body skills for relaxation and wellness. The retreat is open both to novices and people with more experience. It is an opportunity to reconnect to yourself at a time of year that is often hectic, and apply skills that can enhance your immune system, concentration, energy, and your ability to enjoy daily life.

For questions about or to express interest in this event, use the [Group Interest Form](#) [1].

TBD

[Mindfulness Groups](#) [2]

Closed

Mil Witt, Ph.D. and Nancy Blackwell, M.S.Ed.

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**Source URL:** <https://caps.unc.edu/koru-half-day-retreat>

## Links

[1] <https://caps.unc.edu/services/group-therapy/how-join-group>

[2] <https://caps.unc.edu/group-therapy-types/mindfulness-groups>