



*EXPERIENCE MINDFULNESS WHERE LAND, SEA,
AND TRADITION MEET*

Mindful Wild

Presence, Place and Tradition

A Full-Day Retreat with Special Friday
Evening Fireside Welcome
with Lori McCarthy and Dr. Brian Dower

25-26 JULY 2025
MOBILE, NL



*Breathe in the wild, taste the
moment, carry it with you.*

Step into a day where mindfulness
meets the wild. Where the land,
sea, and traditions of
Newfoundland offer a profound
lesson in presence, resilience, and
connection.

Join Lori McCarthy, cultural
storyteller and forager as well as
Dr. Brian Dower, mindfulness
teacher, for a transformative day-
long retreat that awakens your
senses, stills the mind, and
nourishes the soul—all through the
lens of mindfulness and
Newfoundland's rich traditions.

Through guided meditation, coastal
foraging, storytelling, and
communal food experiences, you
will engage with the land in a way
that grounds you in the present
and deepens your appreciation for
the moment unfolding before you.

**This is more than a retreat - it is a
return to what matters.**

Mindful Foraging & Coastal Awareness

Engage your senses as you explore the woods, walk the coast, and forage berries and wild herbs. Learn to listen deeply—not just to the landscape, but to yourself.

Stillness & Sensory Presence

Guided by Dr. Brian Dower, experience the power of breathwork, mindful walking, and immersive presence practices that open you to the world around you.

Traditional Food Rituals

Under Lori McCarthy's guidance, transform wild ingredients into nourishing food. Mindful cooking and eating become a practice in patience, appreciation, and gratitude.

Storytelling & Reflection by the Fire

Share in the wisdom of Newfoundland's past, hearing tales of resilience, sustainability, and connection. As the fire crackles, reflect on how these traditions can shape your own life.





WHY JOIN US?

To slow down and reconnect with yourself through guided mindfulness and nature immersion.

To immerse in the rhythms of the wild—from the tides to the traditions that have sustained this land for generations.

To engage with food in a new way, beyond consumption, as an act of presence and gratitude.

To leave feeling lighter, clearer, and more connected—to yourself, to others, and to the land beneath your feet.

Mindful Wild: The Details

Date & Time

Friday, 25 July: 5pm-7pm (optional)
Saturday, 26 July: 9:00 AM – 5:00 PM

Location

Food Culture Place HQ, Mobile.

Located on the Avalon Peninsula's Southern Shore,
just 45 minutes from St. John's

What's Included

- ~ Fireside Welcome on Friday evening, with snacks and wildcrafted mocktails
- ~ Cultural experiences throughout Saturday, led by Lori, whose expertise in food, foraging, and tradition is recognized internationally
- ~ Guided mindfulness sessions with Brian, gently introducing body awareness, sense foraging, and presence practices
- ~ Saturday lunch, crafted from the seasonal harvest and wild delicacies of the region

An Intimate, Curated Experience

To ensure a personal and immersive retreat, we are **limiting this event to just 10 participants.**

Investment

EARLY BIRD: \$350 + tax (e-transfer preferred)

How to Join

Curious minds can connect with
Brian@LumenMindfulness.ca to reserve
a spot that will leave you nourished, inspired,
and connected to yourself and the land.