

## Document: CBLR Event - #1685

Date Recorded: 1-15-2020 02:01:04

Submitted By: Tyra Rowell

Q1. Please enter the following for the Event/Workshop Leader: First Name, Last Name

**Client:** Tyra**Division:** Rowell

Q2. Email Address of Workshop Leader

Email:

Q3. Name of Event:

Mindfulness

Q4. Description of Event (This will appear in the Schedule if selected):

Mindfulness or meditation is a form of therapy that can be used to center or quiet yourself so you can either hear the Lord and/or get rid of toxic thoughts. Meditation will last 15 minutes and then afterwards you will be given a chance to talk or process your toxic thoughts, if needed. This is an opportunity to still the noise and talk out your feelings so you can be empowered to move forward.

Q5. List authors who will participate in this event:

Tyra Rowell

Q6. What is the maximum capacity this event can hold? Guestimate:

20

Q7. Will you need audio/video assistance for the event: microphone, speakers, etc.?

No, none will be needed.

Yes, but I will bring the AV equipment

Yes, I will need microphone &amp; speakers

Yes, I will need a projector.

Q8. We would like an event to have refreshments. The event as you have proposed it will it have refreshments?

No Refreshments.

Yes, it will be a treat like cookies that I will bring prepackaged for participants.

Yes, the event will need light refreshments. Please send a quote for the number of participants for this event.

Yes, the event will need a meal. Please send a quote for the number of participants for this event.

Q9. Are you looking for others authors to partner with to help you with this event?

No, the event is complete. No additional members are needed.

Yes, I am looking for more authors for 3 more authors.

Yes, I am looking for more authors for 2 more authors.

Yes, I am looking for more authors for 1 more authors.

Q10. Do Not Edit this field: Selected #

Input

Q11. Do Not Edit this field: Start Time of Event:

Input

Q12. Do Not Edit this field: End Time of Event

Input

Q13. Do Not Edit this field: Day of Event

Input

Q14. Do Not Edit: Room/Venue Number

Input

Q15. Additional Comments:

Input