

The Practice of Mindfulness: A Workshop

Over the course of eight 1/2hour Zoom sessions, Certified Workplace Mindfulness Facilitator, Kulli Yee, will be our guide to the evidence-based practice of mindfulness. We will learn:

- What Is Mindfulness?*
- How Mindfulness can support emotional & physical well-being.*
- How Mindfulness can break the cycle of stress in our lives.*
- Everyday practices for beginning your own Mindfulness practice.*

The intention of this Workshop is to help you to make meditation part of your daily life. We will be charging an \$80 registration fee, with \$10 for each session attended returned back to you, at the end of the eight sessions.

When: Weekly, starting Monday, February 22, 7:30pm

To Register: [Click here](#)

