The Gift of Now: Mindful Meditation
A six week drop-in group.
Laura Vidal, M.A. and Dr. Phi Loan Le

Have you always wanted to integrate more mindfulness into your life, but do not know how to start? This drop-in group will walk you through the basics of mindfulness.

Join us for experiential practices and tips on how to incorporate mindfulness tools to reduce stress, increase a general sense of well-being, and bring more awareness and presence into your days.

Mondays 11AM-12PM
Starting Oct. 19
(Meets for 6 consecutive Mondays)

Click Here to Join through Zoom