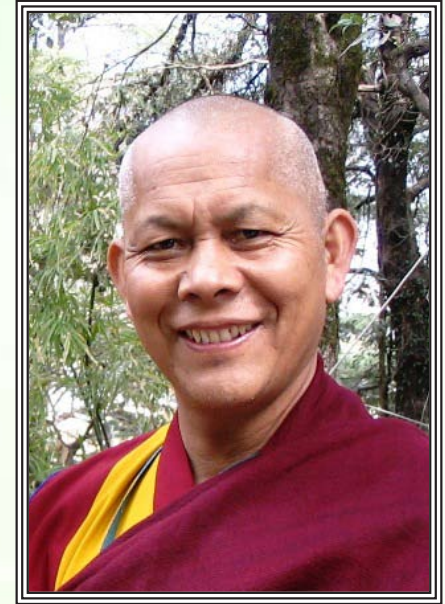


MINDFULNESS TRAINING

with Tibetan Buddhist Monk, Kushok



March 10 - May 5

Every Saturday*

11:00am - 12:00pm

8 week course Cost: \$104

*no class April 7

- Learn to **meditate**
- Learn to **calm** your busy mind
- Learn to **live everyday** mindfully
- **Control stress** in your body, mind and throughout your connective properties
- **Focus** your "monkey mind" on positivity with breath awareness and stabilization

"Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone."

- Louis L'Amour

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