

# Mindfulness Training

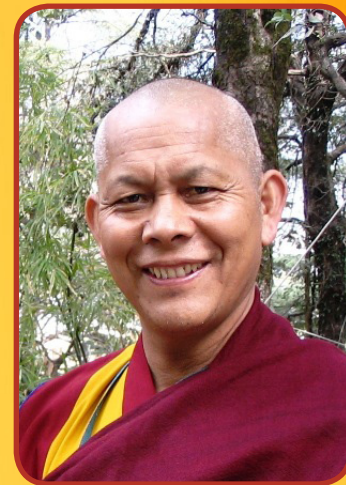
with Kushok Lobsang  
Tibetan Monk

Sept 28 – Nov 16, 2018

8 week Course

Fridays 6:00-7:00 pm

\$120 (\$108) members



- 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*

# 206, 2016 Sherwood Drive . [yogafortoday.ca](http://yogafortoday.ca)

