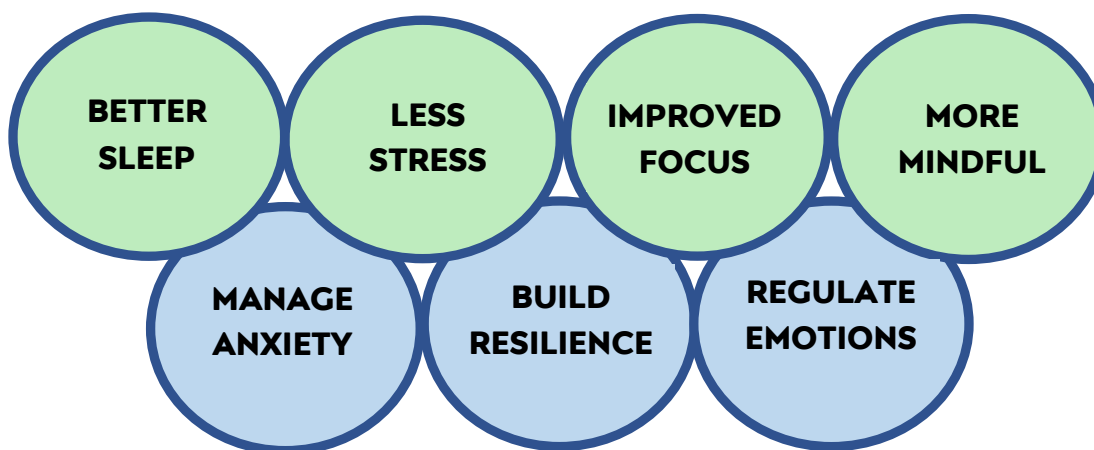



Bring the KORU Mindfulness Course into your Wellness Program



CLASS INFORMATION

<p><u>KORU CURRICULUM</u> The KORU Mindfulness program is designed to provide effective mindfulness instruction to adults of all ages.</p>	<p><u>CLASSES</u> 4 weeks 75 min/class Learn Practical Skills Reflection/Discussion In Person or Live Online</p>	<p><u>DAILY PRACTICE</u> Meditate, 10 min Keep log & gratitude journal Read text</p> 
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FEES & MATERIALS

<p><u>COURSE</u> \$100/individual for the 4-week course Class size limited to 12 individuals <i>To ensure personalized instruction.</i></p>	<p><u>TEXT</u> \$10 (Kindle version) <i>The Mindful Twenty Something - Holly Rogers</i> <i>This book is enjoyed by people of all ages!</i></p>	<p><u>KORU APP</u> Free with Registration <i>App includes:</i> Timer and Log Guided Meditations Gratitude River Instructor Feedback <i>Free lifetime access to app</i></p>
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For more information or to schedule a class for your business, school or organization, please contact **Margo Kernen, Certified Koru Instructor.**

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330-221-0669

www.peaceabilityllc.com