

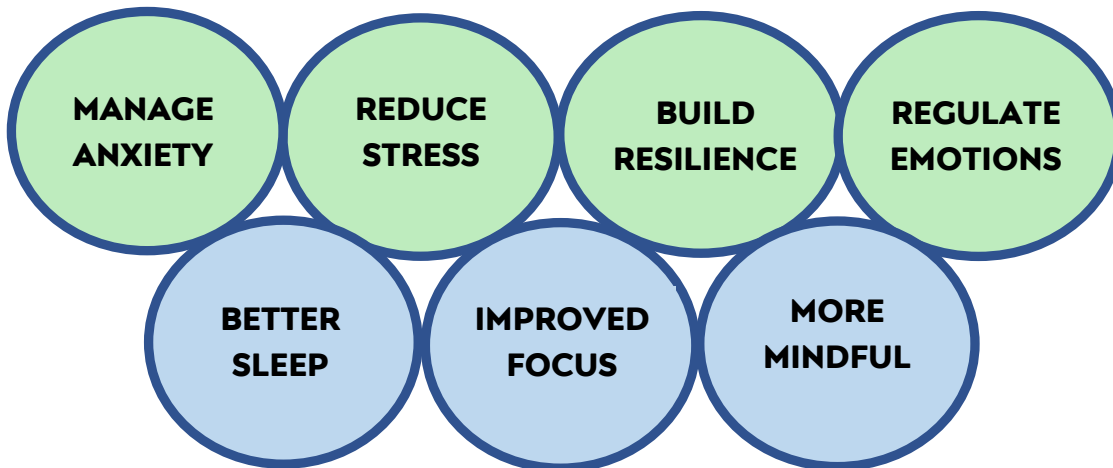
MINDFULNESS FOR STRESS RESILIENCE

A 4-Week Mindfulness Course, Live Online on Zoom

Saturday Mornings, July 2, 9, 16, 23, 10-11:15 a.m.



SCAN ME



CURRICULUM

Based on the Koru Mindfulness program, provides effective, practical, evidence-based mindfulness instruction.

CLASSES

4 weeks
75 minutes/class
Experiential Learning
Reflection/Discussion
Live Online

DAILY PRACTICE

Meditate, 10 minutes
Keep log &
gratitude journal
Read text

COURSE

\$100/individual for the 4-week course

Class size limited to 12 individuals to ensure personalized instruction.

TEXT

\$10 (Kindle version)
*Wherever You Go,
There You Are:
Mindfulness Meditation
in Everyday Life*
-Jon Kabat-Zinn

KORU APP

Free with Registration
✓ Timer and Log
✓ Guided Meditations
✓ Gratitude River
✓ Instructor Feedback throughout course
Free lifetime access to app

For more information or to enroll, please contact **Margo Kernen**

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