

MINDFUL MEDITATION Drop-In

6:30 – 7:00
PM
M, W, F
MST

Join
[HERE](#)

- Brief instructions
- Time to practice
- Quick questions

- Build your practice
- Support your habit
- Take a breath

First-time
or occasional drop in?
Welcome!

Regular Attendees
Single sessions: \$5-\$10
Weekly: \$15-\$25
Monthly: \$60-\$100

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