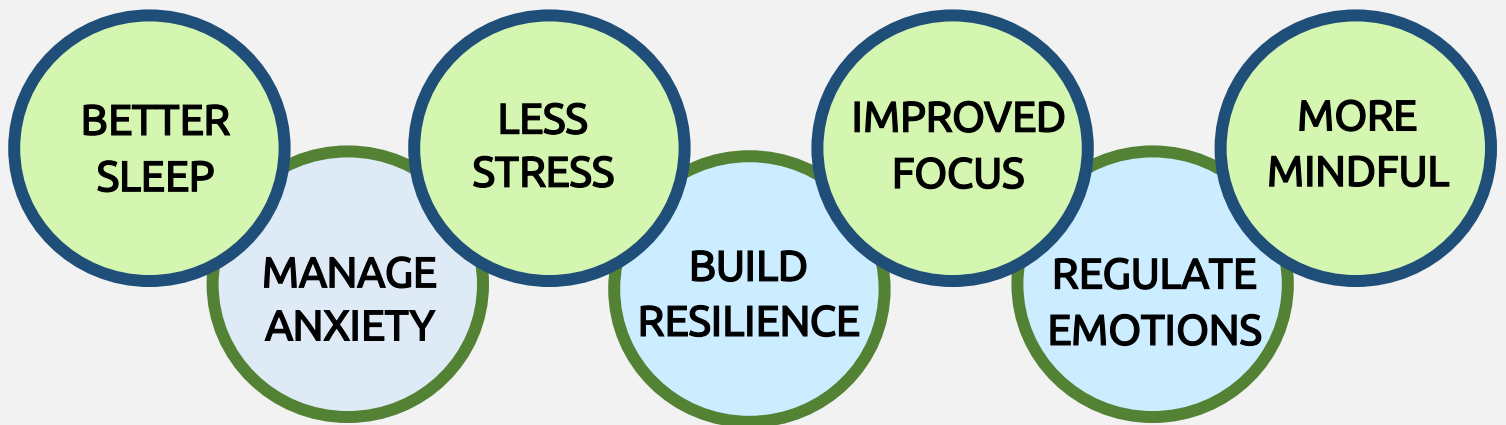



# MINDFULNESS and MEDITATION



## CLASS INFO

<u>CURRICULUM</u>	<u>CLASSES</u>	<u>DAILY PRACTICE</u>
 Learn about everyday mindfulness and how to begin a meditation practice	5 weeks 90 min/class Practical Skills Discussion	Meditate, 10 min Keep log Read text, 10-15 min Gratitude

## FEES & MATERIALS

<u>KORU App</u>	<u>TEXT</u>	<u>COURSE</u>
\$4 lifetime access  Register online Timer and Log Guided meditations Teacher Feedback	Approx. \$15  <i>The Mindful Twenty Something</i>  Don't be fooled by the title! This book is enjoyed by people of all ages!	\$75-\$125 Sliding scale  Partial scholarships available if needed

Questions?

**HOLLY CLUFF**

Ready to Register?

**520-955-1604**

[beingmindfulmatters.org](http://beingmindfulmatters.org)