



KORU 2.0 mindfulness

Need a refresher? A boost? Something new?

KORU 2.0 is an opportunity to review the mindfulness skills you practiced during the KORU Basic class ...and learn some new ones, too!

<p>Class Info</p> <p>4 weeks 75 min. classes Use the app again!</p>	<p>Resources</p> <p><i>New Text:</i> Real Happiness By Sharon Salzberg</p>	<p>Weekly Tasks</p> <p>Attend Class Practice Read</p>
<p>Prerequisite</p> <p>Koru Basic or an established practice</p>	<p>Fees</p> <p>\$50-100 Sliding Scale</p> <p>Partial scholarships available if needed</p>	<p>Contact</p> <p>Holly Cluff 520-955-1604 holly@beingmindfulmatters.org</p>