

Working? Studying? Parenting?

MINDFULNESS and MEDITATION For Young Adults ONLY

✓ Reduce stress


✓ Sleep Better

✓ Improve Focus

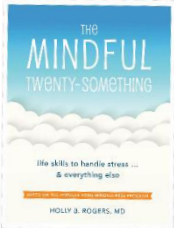
✓ Manage Anxiety

Just a few minutes a day can change your life!

CLASS INFO

CURRICULUM	CLASSES	DAILY PRACTICE
 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

KORU App	TEXT	COURSE
\$4 lifetime access Register online Timer and Log Guided meditations Teacher Feedback	Approx. \$15 <i>The Mindful Twenty-Something</i> 	\$75-\$125 Sliding scale Partial scholarships available if needed

Questions?

HOLLY CLUFF

520 - 955 - 1604

beingmindfulmatters.org

Ready to Register?