

# MINDFUL MORNINGS

**8:00 -8:30 AM**

**M, W, F**  
**MST**

**Join**  
**HERE**

- Brief instructions
- Time to practice
- Quick questions

- Build your practice
- Support your habit
- Start your day

**Single sessions: \$5-\$10**

**By the Week: \$15-\$25**

**By the Month: \$60-\$100**

**Venmo: @Holly-Cluff-1**

**or**

**PayPal**

**or**

**Zelle**