

Adult Mindfulness and Meditation Classes

Click on the BLUE title to register.

[December 2020 Wednesday AM ONLINE](#)

9-10:30 am (MST)

December 2, 9, 16, 23, 30

[December 2020 Wednesday PM ONLINE](#)

6:30-8 pm (MST)

December 2, 9, 16, 23, 30

[Welcoming 2021!](#)

December 2020 – January 2021

Tuesday PM ONLINE

7-8:30 pm (MST)

December 29, January 5, 12, 19, 26

[January 2021 Sunday PM ONLINE](#)

5-6:30 pm (MST) January 3, 10, 17, 24, 31

Need a different schedule? Let's talk!

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