

Mindfulness Class Schedules

Please choose a class that works for you.

Maximum 6 students per session.

_____ **Tuesday Introduction Session 3:00pm-4:00pm**
1/16-4/16-No session on 2/13 and 3/26
12 week sessions-\$150.00

_____ **Thursday Introduction Session 3:00pm-4:00pm**
1/18-4/18-No session on 2/14 and 3/28
12 week sessions-\$150.00

_____ **Saturday Introduction Session 9:00am-10:00am**
1/20-4/20-No session on 2/17 and 3/30
12 week sessions-\$150.00

_____ **Saturday Introduction Session 11:00am-12:00pm**
1/20-4/20-No session on 2/17 and 3/30
12 week sessions-\$150.00