



13 OCTOBER 2023

MUSIC & MINDFULNESS PROCESS GROUP

ARE YOU LOOKING FOR A UNIQUE WAY TO
ENHANCE YOUR WELL-BEING AND FIND
BALANCE IN YOUR LIFE?

Our Music & Mindfulness Process Group is a transformative journey that combines the power of music with mindfulness practices. In this group you will:

1. Learn to use music as a tool for relaxation, expression, and self-discovery
2. Develop a deeper understanding of your thoughts, emotions, and inner self
3. Connect with like-minded individuals on a journey of self-discovery
4. Share experiences and insights in a safe, non-judgmental environment

Whether you're a music enthusiast or new to mindfulness, all are welcome. If you're looking to reduce stress, find a sense of calm, and embrace an opportunity for self-reflection and growth, join our virtual process group today!

