

@ Mind Your Body Studio 234 S. Main Street

Meditation Course for Chronic Pain

- 1 PM - 2 PM every Tuesday in February
- February 3rd, 10th, 17th, and 24th
- Sign up before January 31st at Mind Your Body

or contact Hilary Valencia: 208.284.7988, hilandvale@gmail.com



Changing our relationship with pain through meditation practices, gentle stretching, body mapping, take-home journaling exercises, etc.