



SIGMA INTEL  
HUB

LOVANDLES



# Mindfulness Workshop

## "FINDING PEACE IN A BUSY MIND"

A gentle 2-hour session to quiet your thoughts, release stress, and reconnect with inner calm.

### What You'll Experience:

- Gentle guided meditation to quiet your thoughts
- Practical tools to release mental overwhelm
- Journaling prompts to clear emotional clutter
- Mindful closing reflection to carry peace into your week



**Complimentary surprise gift awaits you!**

**SPECIAL  
OFFER**

AED 300  
per person  Get 10% off  
on La Carte  
menu

Register Here:



**27 July 2025**

**11 AM - 1 PM**

**The LoLo House,  
Al Quoz**

(Regular price AED 450,  
limited-time offer only)



**+971565462334**