

**MEDITATION and MINDFULNESS**

*Move Toward More Joyful*

**Wednesdays - January 13, 20, 27** |  **6:30-8:00 pm -$50**

**Saturday, February 20th | 1 pm – 4 pm | $35**

**YOGA 4 ALL**

Wales

**Explore how the practices of Meditation and Mindfulness can bring about profound changes in your life: physical, psychological and spiritual.**

**With increased self-awareness, you will begin to experience improved well-being, reduced anxiety, more authentic relationships, and develop an expanded sense of what is possible in your life.**

**This class will provide the tools needed for an ongoing personal practice and time for guided reflection.**

**Lynne Smith, CMMT, WHNP**

Certified Meditation and Mindfulness Teacher

Women’s Health Nurse Practitioner

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**TO REGISTER and LEARN MORE:**

**Themindfulnowmeditation.com**