

Mindful Balance

4 weeks of Mindfulness



Tuesdays, September 12, 19, 26 and October 3

6:30 – 8:00 p.m.

During this 4 week class, you'll learn how mindfulness can help you find calm in the chaos of your busy life. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. You'll be introduced to several mindfulness practices you can incorporate into your daily life. You'll receive course handouts, accompanying audio downloads that you can practice at home and daily e-mail reminders.

Cost is \$100

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher

At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

Register in advance at 970-221-1106



Wholeness Center