



Mindfulness for Lunch



DETAILS:

King West,
12:10PM to 12:40PM

DATES:

FEBRUARY

Thurs. 23rd
Rm. 22-008

Tues. 28th
Rm. 22-008

MARCH

Wed. 8th
Rm. 22-009

Mon. 13th
Rm. 22-008

Mon. 20th
Rm. 22-009

APRIL

Wed. 5th
22-009

Mon. 10th
22-009

Mon. 24th
22-009

MAY

Mon. 8th
22-009

Mon. 15th
22-008

Wed. 24th
Rm. 22-009

Is Mindfulness for me?

It is for ANYONE who wants;

- A greater ability to **cope with daily stress**
- Lasting decreases in physical and psychological symptoms of stress
- A greater ability to learn and **focus**
- A **greater energy and enthusiasm** for life

Mindfulness is the practice of focusing on one's present experience, without judgment, to create greater calm, clarity and insight. Scientific evidence has proven the above benefits with a regular mindfulness practice.

These FREE Sessions at King West Will Equip YOU to:

- Develop or deepen a personal mindfulness practice
- Promote personal health and professional resiliency
- Connect with others interested in mindfulness practice

Drop in and brighten your day!

