



Mindfulness Workshop

Mondays @ 7:00pm

Rolling enrollment

This one hour, three-week course introduces techniques of mindfulness meditation and stress reduction. The practice of mindfulness meditation is simple, but not easy. It is not something you can learn by simply reading about it, rather the benefits lie in developing a tool belt of practices and cultivating a felt experience of presence.

The value of a structured course is to teach concepts, to help develop techniques that aid in calming the body and mind, and to develop a daily practice of meditation. Each class consists of guided meditations, talks, and discussions that will include understanding the benefits of mindfulness, training attention in the present moment and breathing techniques.

\$140pp / 3 sessions

Kristin Page is an experienced meditation & yoga teacher, and a faculty member at ClearLight Meditation Institute. For more information on Kristin, visit Kristinpageyoga.com

To Register contact:
Main Line Therapy Solutions:
610-649-6344