

**Discover Your Calm, Clarity & Compassion
Introduction to Mindfulness
A 6-Week Journey for Well-being and Peace of Mind**



Why Mindfulness?

In today's busy world, mindfulness helps us pause and find calm amid the chaos. It teaches us to live fully in the present moment, build resilience in the face of challenges, reduce stress, and deepen our connection with ourselves and others. Learning mindfulness is learning how to bring more peace, clarity, and kindness into everyday life.

**Tuesdays, Feb 3 – Mar 10, 2026 | 3:00 PM – 4:30 PM / \$60 Resident (\$70 NR)
Folsom Senior Center | 48 Natoma, Folsom, CA***

What You'll Learn:

- Mindfulness of Body, Breath, Emotions, & Thoughts
- Loving-Kindness & Compassion Practices
- RAIN Technique for Working with Conflict and Difficult Emotions
- Guided Meditations, Inspiring Talks & Group Sharing
- Weekly Meditation Recordings and Handouts will be provided

Join us to cultivate resilience, reduce stress, and connect deeply with yourself and others. Beginners welcome!

Space is limited to 18 — reserve your spot today by calling the Senior Center - (916) 461-6601
For more information go to www.yogapeace.net (Mindfulness tab)
Call or Text Donna (instructor) with any questions: 916-712-9642

***Non-Refundable**