

# Introduction to Mindfulness

## Tuesdays

February 4, 11, 18, 25/ March 4, 11  
3:00pm to 4:30pm



### **Discover Mindfulness: A Journey Within -**

Embark on a transformative exploration of mindfulness in this new 6-session, 90-minute class. Delve into the essence of mindfulness as we navigate through practices that illuminate your mind, body, and spirit. **What You Will Experience:** *Mindfulness of Breath:* Learn the art of being present through Breath Awareness. *Body Awareness:* Connect deeply with your body and its messages. *Emotional Intelligence:* Understand and navigate your emotions mindfully. *Thought Awareness:*

Gain insights into your thought patterns and ways to cultivate a peaceful mind. *Loving Kindness:* Explore the power of compassion and kindness towards yourself and others.

**Class Highlights:** Engaging Short Talks; Interactive Group Activities; Ample Time for Questions and Answers. Join us for a journey of self-discovery and inner peace. Reserve your spot now!

*"This course answered questions I didn't even know I had."* GA (Student April '24)

Call Folsom Parks and Rec - Limit 18.  
Cost: \$60 (9 hours) - 916-461-6601