

Mindfulness Class Series - Cultivate Happiness, Calm, Compassion, and Clarity



Fall Session

Tuesdays, September 22 – October 27, 6:30 to 8:00 PM

Location: 48 Natoma, Folsom

Cost: \$60 for Residents / \$70 for Non-Residents

What You'll Learn

- Practices to cultivate happiness, calm, compassion, and mental clarity
- How mindfulness helps you stay grounded through life's ups and downs
- How to be present to fully enjoy life's moments

Registration & Contact Info

To Register, contact Folsom Senior Center: 916-461-6601

Questions? Contact Donna Rixmann
916-712-9642 or donna@yogapeace.net

Learn more at: www.yogapeace.net (Mindfulness tab)