

Intermediate Mindfulness Course

Mindfulness helps us maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.



Learn some of the basics of meditation and feed your body, mind and soul. **Space is limited!!!**

Fri., Nov. 3, 10, 17 & Dec. 1, 8, 15, 2017

6:30pm – 9:00pm

Xavier University

Convocation Center Annex – Rm 320

Cost: \$300 per person



Instructor
Minh Nguyen

To register visit: <https://www.eventbrite.com/e/foundations-of-mindfulness-intermediate-level-classes-tickets-37844725593?aff=flyer1>

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Class is subject to change without notice