

Mindful Mondays on Zoom

Mondays

11AM-11:45AM

Drop-in when you can or attend all sessions

No experience needed (just an open mind!)

Learn ways to cope with daily stresses and calm your mind and body by practicing Mindfulness

*Relaxation Techniques

*Guided Imagery

*Visualization

*Mindful Meditations

*Breathing Exercises

Meeting Details

Join by Phone

Dial # 253.215.8782

Meeting ID: 842 5860 2806

Password: 720225

Join by Smartphone/Computer/Tablet

Click on the link provided below

