



Introduction to Mindfulness

A four-week class exploring the gifts of presence.

No prior experience of meditation or mindfulness is needed.

All are welcome!

- Learn the basics of mindfulness and how it can help you find calm, peace and wisdom of the heart and mind.
- Learn how to direct your attention to the present moment without judgement.
- Learn how to regulate your emotions, especially anxiety and depression.
Step into your joy.

When and where?

- Four Saturdays- May 11th, May 18th, May 25th, and June 1st 10:30-11:30
- Deadline to sign up May 1st, 2024.
- Held in the group room at PsychStrategies
1160 North Dutton, Suite #240 Santa Rosa CA
- **Cost: \$100 paid in full before the class.** (not billable to insurance) Cash/Charge or Check only.

Minimum participation is 6 and maximum is 20. **Spaces Limited and filling fast!**

Led by Tamara Ice, MFT, RYT

Call 707-303-3243 to schedule your participation.

For questions, please email tice@psychstrategies.com