

*MINDFULNESS GROUP FOR ADULTS*

*We are all experiencing stress, racing thoughts, and the growing need to slow down intentionally to check in with ourselves. This group offers various strategies focused on breath, body, and mind to increase our awareness and mindfully regulate our thoughts and feelings.*

*When: September 27th, 2021, Mondays, 6:00 to 7:00 p.m.*

*How long: 10 sessions, once a week*

*Where: Online zoom platform*

*For whom: Adults, 18 years and above*

*Contact: drdevdas@inner-refuge-counseling.page*