

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