

Berkley Parks & Recreation

Mindfulness, Meditation and the Art of Self Care

Want to try mindfulness meditation but not sure where to begin?

All levels please join us for this mindfulness program
and begin your own journey towards wellness.

Mindfulness

Mindfulness is the ability to be fully present and aware of
our environment, without being overly reactive to what's
happening around and within us.

Meditation

Throughout this course we will explore the concept of mindfulness
as well as learn mindfulness practices for stress relief, physical pain,
mental awareness, breathing, muscle relaxation, mindful eating and
incorporating mindfulness & loving kindness into our daily lives.

Self Care

7:00 - 8:30 pm Tuesdays, January 8th

Six Weeks \$50

No Class on February 5th Instructor: Felicia Wallace

Add \$5 for non-residents

Register at the Berkley Community Center 2400 Robina Avenue
248-658-3470 or online at berkley.maxgalaxy.net