



# MINDFULNESS

Learning and Practice  
in a safe space with others

Mindfulness teaches the skills to live in the present moment, with an open heart and curious mind. It reminds us we have the ability and option to choose how we respond to our life and the world around us.

**Join us this fall for an engaging, practical and supportive course.**

## **6 Tuesday evenings**

October 10 & 17, November 7, 14, 21 & 28

6-7:30pm

\$125

(inquire if financial assistance is needed)

## **In-person**

Dharma River-Manitou Center, 686 W. 5th St.

**Instructor, Trish Johnson, MSW, LGSW**

To register visit- [www.dharmariver.org](http://www.dharmariver.org)

