



## ART OF MINDFULNESS

**Dates:** Mondays: June 3, July 1, Aug 5, Sept 2, Oct 7, Nov 4 & Dec 2

**Time:** 5:30 - 6:30p.m.

**Registration Opens:** First of the month prior to the month of class

**Max students:** 20

**For ages:** 18 and up

**Materials Fee:** \$10 per class

**Instructor:** Olivia Immitt

**Notes:** Wear comfortable clothing and bring a blanket

With the busy world that we live in and the demands of life, it is important to learn how to navigate and juggle it all. Setting aside time to be mindful and learning how to be in the present moment is a valuable tool that will assist in staying calm in the midst of chaos. Gift yourself a restorative evening on the first Monday of the month by learning the art of mindfulness. Class will be accompanied by music and sound of help facilitate a relaxing environment.