

Weekly Monday Mindfulness Drop-ins, University of La Verne

Join me every Monday at Noon for a 30-minute drop-in Mindfulness experience beginning February 3, 2020 through May 25, 2020. No registration and no fees. Just drop-in when you can. No experience with Mindfulness is necessary. Beginner and experienced welcome.

Start your week by connecting with calm, ease, and well-being. Mindfulness practice increases emotional regulation, reduces reactivity, improves focus and attention, and increases calm and ease.

Mindfulness classes are free to the general public, students, faculty and staff.

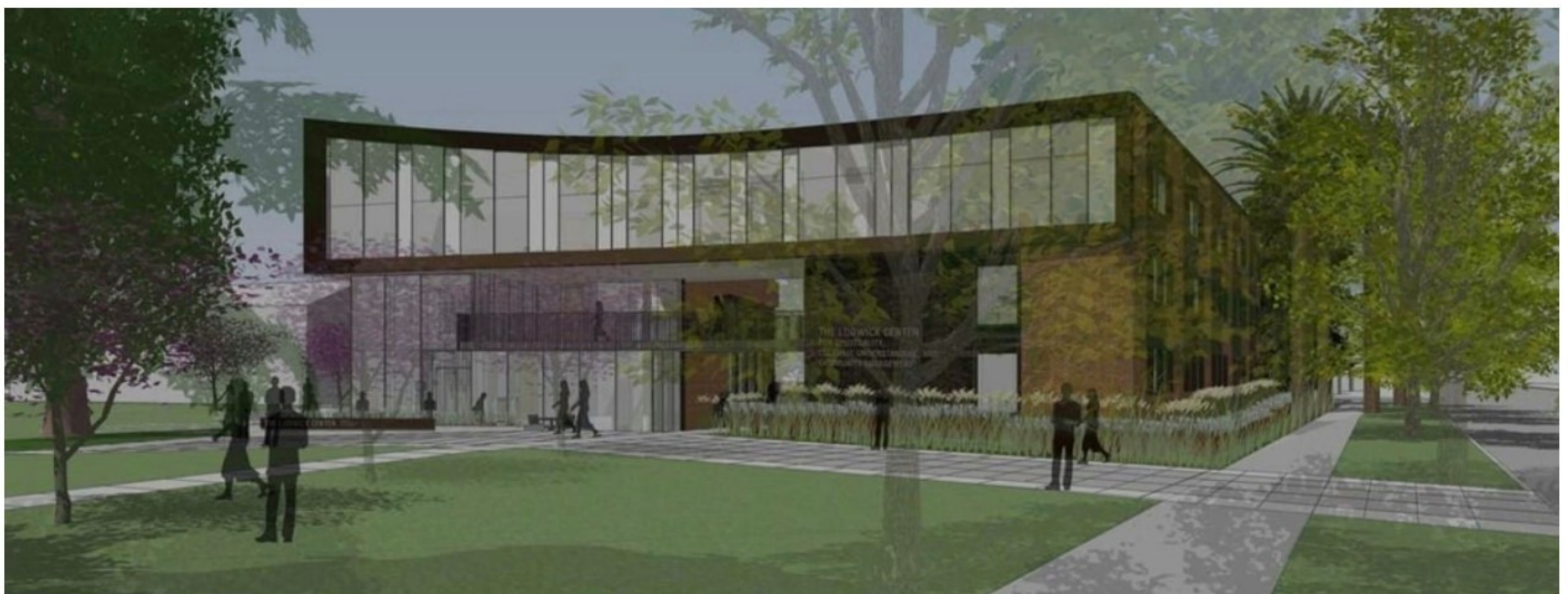
Dates: Every Monday beginning February 3 through May 25, 2020

Time: Noon-12:30pm

Location: University of La Verne's Ludwick Center Yoga/Quiet Room located in the Ludwick Center for Spirituality, Cultural Understanding, and Community Engagement - Corner of Bonita and B Street. There is plenty of street parking.

Directions: See <https://laverne.edu/> and Campus Map <https://laverne.edu/map/>

Cost: Free to all participants



NOTE: If Monday classes don't work for you see flyer below for more options, including Energy Balancing with Dr. Niki Elliot; and Sound Meditation with Bil Owen.