



Mindfulness & Meditation Training

BEGIN OR DEEPEN
YOUR PRACTICE

with Angie



ONLINE



IMI Monday Mindfulness
last Monday each month
6.45pm

Friday morning practice
for mindfulness
9.30am every 2 weeks

MBSR



MBSR new 8-week
course begins Feb 2025

In pausing we discover
the possibility of a
balanced awareness

MBSR FREE ORIENTATION



New to Mindfulness?
curious about the
transformative benefits

Jan 8 & Feb 5
on zoom

stay in touch - sign up to our newsletter

contact me for details



what's app
90485425

