



# 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 Sept 2025

In pausing we discover  
the possibility of a  
balanced awareness

## MBSR FREE ORIENTATION



New to Mindfulness?  
curious about the  
transformative benefits

stay in touch - sign up to our newsletter

*contact me for details*



what's app  
90485425

