

June Mindfulness

Mindfulness helps us maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.



Learn some of the basics of meditation and feed your body, mind and soul. **Space is limited!!!**

Sat., Jun. 3, 10, 17 & 24, 2017

9am – 12pm

Xavier University

Convocation Center Annex – room 318

Cost: \$300 per person



Teacher
Minh Nguyen

To register visit <http://www.xula.edu/ccsde/application>

Phone: 504-520-7669 | Email: CCSDE@xula.edu

Cushions and books will be provided. **Checks only**

Class is subject to change without notice