

PAYING ATTENTION, ON PURPOSE

Join others in learning and practicing skills that lead to
Mindfulness & Compassion

SATURDAY, APRIL 29, 2017



Workshop Leader: Cindy Gregory, Certified Counselor

Learn and practice skills that will develop your understanding of mindfulness and compassion.

* Mindfulness: To be fully aware and present in the moment ~ it's the only moment there is!

* Compassion: Loving kindness towards self and others.

~ Your registration fee of \$100 includes lunch ~

- There will be an optional guided mindful eating opportunity during lunch -

Reserve your place now for this workshop by contacting Cindy at
509.674.5144

or email: info@mosaic-counseling.com

This workshop will take place in Roslyn, WA on Saturday, April 29, from 9:00 a.m. - 3:30 p.m.