



INTRODUCTION TO MINDFULNESS

4-WEEK GROUP BEGINS MONDAY, JUNE 1ST

Have you always wanted to learn about mindfulness but didn't know where to start? In this program, you will receive instructions in a supportive group format with the guidance of an experienced teacher. We will meet two hours a week for four weeks on Mondays, June 1st – 22nd from 7:30-9:30pm and a half day Saturday June 27th from 10:00am -2:00pm. Register now, space is limited!

The price for the group is \$245 per person or \$425 for two people. Students with a valid ID can receive a discounted rate of \$150.

become more
mindful

feel more peace
and relaxation

increase
self-acceptance

reduce stress

experience
more joy and
happiness

The Resiliency Center
Flourtown Commons
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Register by May 25th
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