



## 8 weeks of mindfulness

We all already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit us in many ways.

**Join Laura Carite LPC RYT ACS in this 8 -week exploration and education in mindfulness.** This course will focus around the book: *MINDFULNESS: An eight week plan for finding peace in a frantic world* by Drs. Danny Penman PhD and Mark Williams PhD.

Where: Therapy Network, 409 Main Street Chester

When: Saturdays 9:30 to 10:45

Begins October 6th through December 1

(skip November 24th)

Cost: \$240.00 for the entire 8 weeks. (insurance coverage)

Contact Laura Carite

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