

MindVentures Meditation

Last Chance!! Presents...

Introduction to Mindfulness

Don and Erica are Certified Meditation Teachers through Lifestyle Meditation. They have spent time coaching individuals into health, happiness and success.



This is our last Workshop in the area!

SUNDAY, AUGUST 26TH, 2018

10am-12pm

VCA CARE Centre 7140-12St SE (2nd Floor Classroom)

Investment \$35 *Limited Space Available*

Are you stressed and looking to bring more mindfulness into your life? Join us for this Introductory Workshop that explores the science of stress and how it effects our brain, the benefits behind meditation and practical tools to start today.

****2 Approved CE Credits from ABVMA****

For more information on signing up and payment please contact us at **mindventuresmeditation@outlook.com** or call **780-616-3345**