

Mindfulness-In-Motion[®]

Mantra.Meditation.Movement

with Catherine Braun



4 Thursdays: April 4 & 11, May 2 & 9, 7:30-8:30pm

Energize your intention and attention for creating moment-to-moment presence in experience. Calm the mind, relax the body, and awaken the spirit within. Transform stress to health.

Workshop leader is Catherine Braun, MA
Founder of Embodied Intelligence Psychotherapy[®]
Certified Somatic Practitioner
Certified Movement/Dance Therapist
Life and Wellness Coach



Investment: \$25 single class/\$80 for all 4 classes, pre-register at the studio or online, www.yogalifepw.com