

A Mindful Morning

with Diane Butera and Julia Siporin

8:30-12 Eugene, OR June 25 \$45



Rejuvenate in Nature!

Deepen your mindfulness skills in beautiful Hendricks Park. A mindful meandering through the breath-taking rhododendron garden, and gentle movement will ground your day.

Leave with mindfulness tools for every day life.

Whether you are new to a mindfulness practice or a long-time practitioner, nourish your being by going inward.

Info/Registration: <https://mindful-wellness.org/>

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