

IMPROVING MINDFULNESS



CLASS INFO

**1351 S. REDONDO CENTER DR, YUMA,
AZ, 85365**

(928) 317 - 7674

PRICE: \$96

COURSE OBJECTIVES

- **Define mindfulness**
- **Develop techniques to make oneself more attuned to the present moment**
- **Understand the value and utility of one's emotions**
- **Learn how to identify and counter distorted thinking**
- **Learn how to cultivate genuine positive emotions**
- **Become more fully present in social interactions**

Refund Cancellation Policy:

A 100% refund will be granted if a request is made 2 business days prior to the start of class. A 50% refund will be issued if notice is received less than 2 business days prior to class. No refunds will be issued after the first day of class. If a class is canceled due to low registration we will contact you 2 business days prior.