

MINDFUL LIVING



A SIX-WEEK SERIES TO
INNER BALANCE WITH
JENNIFER LYNN

Embark on a transformative journey designed to help you cultivate mindfulness and enhance your well-being. This once-a-week series offers practical tools for integrating mindfulness into your daily life, perfect for both beginners and those looking to deepen their practice. Email jmontrond@weymouthclub.com for more information.

WHAT YOU'LL EXPERIENCE:

- **Mindfulness Practices:** Learn techniques to manage stress and stay present in everyday life.
- **Breathwork & Meditation:** Explore various breathing exercises and meditative practices to calm the mind and body.
- **Stress Management Strategies:** Discover effective ways to reduce stress and improve your overall mental health.
- **Emotional Resilience:** Gain tools to cope with anxiety, depression, and other emotional challenges.
- **Supportive Environment:** Build a network of support and community to sustain your mindfulness journey.

\$270 PER PERSON | SUNDAYS, 4:30PM | GROUP X STUDIO

Session Dates: 10/13, 10/20, 10/27, 11/3, 11/17, 11/24