

Meditation Group

~ with Art Making ~

This weekly meditation group will include a guided meditation in combination with art making & sharing



- * Build a weekly mindfulness practice
- * Gain overall emotional & stress regulation
 - * Foster creative self-expression
- * Increase your ability to relax and recharge

Where: Online Through ZOOM

When: Wednesdays at 2pm
Starting April 22 to May 13, 2020

Cost: \$80 for 4 weeks

Facilitator: Becky Jacobson, LPC, ATR, LMT
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