

Calm & Conscious MINDFULNESS IN EVERYDAY LIFE



Workshop Description

Mindfulness is being fully aware of and focused on the present moment. It is a meditation practice, but it is also a way of life and its benefits are plentiful. In this workshop, we examine many simple and practical ways to incorporate mindfulness into everyday life, with the ultimate goal of experiencing a greater sense of calm.

What to Expect

This is an interactive session, including presentation, self-reflection, polls, and live meditation. All in-session materials will be provided, including printed or virtual participant hand-outs.

Other Details



MODALITY:
In person or virtual



DURATION:
2.5 to 3 hours



AVAILABILITY:
Year-round



PRICING:
Pricing is dependent on modality, audience size, travel requirements, and customization. A quote will be provided once I have assessed your needs.

Contact me to learn more, discuss your needs, or book a session!

stephanie@loraconcepts.com
www.loraconcepts.com