

Mindfulness 6-Class Series: Cultivate Happiness, Calm, Compassion, and Clarity



- **Fall Session:** Tuesdays, September 22 – October 27, 6:30 PM to 8:00 PM
- **Location:** 48 Natoma, Folsom / **Cost:** \$70 Non-Folsom Residents

What You'll Learn:

- Techniques to cultivate happiness, calm, compassion, and mental clarity
- How mindfulness helps you stay grounded through life's ups and downs
- How to be present and peaceful daily to fully enjoy life's moments.

Registration & Contact Info:

- **Questions?** Contact Donna Rixmann: 916-712-9642 or donna@yogapeace.net
- **To Register, contact Folsom Senior Center: 916-461-6601**