

Fall into living with more ease . . .



Learn basic mindfulness skills in a supportive group format (via Zoom) that can help you to:

- * Reduce stress
- * Increase focus, attention, and mental clarity
- * Connect with what is important to you
- * Enhance physical and emotional health
- * Improve communication and deepen Relationships
- * Experience more pleasure and contentment

Introduction to Mindfulness Practice

6 Wednesdays * Oct 18, 25, Nov 1, 8, 15, 29 * 6:30 – 8:00 PM * (via Zoom)

Marianne Herzog, Ph.D.

Mindfulness Teacher / Licensed Psychologist

To enroll:

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Cost: \$275

Pay by 10/4: \$255

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