



SATURDAY JANUARY 19TH

MINDFULNESS MEDITATION TECHNIQUES w/ *Gus Castellanos*

3-5pm \$35 (pre-registration) or \$40 at the door

We will learn the importance of & set the intention of mindfulness in the New Year and learn mindfulness meditation techniques & tools that you can utilize in your daily life.

Gus Castellanos is a Mindfulness Based Stress Reduction (MBSR) teacher & Mindfulness Based program facilitator. He is also a mindfulness coach and mindfulness meditation practitioner. He is certified to teach MBSR by the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care, and Society. a M.B.S.R teacher who teaches Mindfulness based courses all over South Florida.

Please call/text 561-951-1904 to reserve your space – Space is limited



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