

PRACTICING MINDFULNESS WITH YOUR FAMILY

This workshop will give you and your family the tools to help:

- Increase overall family harmony
- Improve communication between family members
- Improve the health and vitality of all members of your family
- Provide quick and easy ways to dispel anger and anxiety
- Increase awareness of how our words and actions impact your loved ones
...and much more!



“The Power of Kundalini Yoga lies in the actual experience. It goes right into your heart and extends your consciousness so you may have a wider horizon of grace and knowing the truth.”
~ Yogi Bhajan

When: Ongoing 3rd Sundays at 2pm

Registration Fee: Free to Members

\$10/family for Non-Members

Location: Chico Sports Club



All ages and members of the family are welcome.

This workshop offers techniques to help increase mindfulness in your family unit through simple breath awareness and movement practice.

No prior experience necessary.

Contact Liv at livjakswellness@gmail.com or 966.8484 for more information