Recharge Your Mind!!!

In this workshop, you will learn

- How to manage stress naturally
- Powerful breathing technique
- Introduction to Happiness Program
- PLUS Experience guided meditation

University of Hartford Wilde Auditorium
200 Bloomfield Ave, West Hartford, CT 06117
Parking passes will be emailed to each participant

FEE: $10
Light Refreshment will be provided

MAY 10th
Thu: 6.30 pm - 7.30 pm

RSVP HERE

Art Of Living
860-249-1265
hartford@us.artofliving.org

Limited Seats... RSVP: http://tiny.cc/rechargeurmind