

liveBrilliance: Stress Reduction

Session 2 (4 weeks)

Session 2 is a continuation of the journey. It is highly recommended for those wanting to fully embrace mindfulness in daily living.

Practicing stress reduction can help us enhance relationships and communication, improve health, and re-capture quality of life to live with brilliance.

The 4 week course is an extension of Session 1 and offered to participants who completed it.

Classes are 2 ½ hours. An optional one day retreat is included.

Participants are requested to obtain the book: Full Catastrophe Living, by Jon Kabat Zinn, PhD. It is widely available in libraries, bookstores and Amazon.

Register www.liveBrilliance.org/registration

Tuesdays, May 1, May 8, 15 and 22, 2018

9:30 AM - noon

6:30 PM – 9 PM

King of Prussia, PA