THE OMMANI CENTER
for Integrative Medicine

EXPERIENCE *REAL* HEALTH CARE

MINDFULNESS-BASED LIVING PROGRAMS
SUPPORTING LEARNING, GROWING, AND HEALING

When we live a life that is 'Rooted In Mindfulness',
we live with a greater sense of balance, meaning, and joy.

Awakening the Heart
A Mindfulness-Based Workshop

This workshop provides an opportunity to reflect on our heart's deeper sense of truth and authenticity, which is essential to living a fulfilling and meaningful life.

Learn how mindfulness helps us identify and transform the thoughts, emotions, and behaviors that limit our ability to live from our heart's deeper intentions.

March 21st, 2013 | Thursday

9:30 am - 12:00 pm

Cost: $65 (Includes Practice CD & Handouts)

Enrollment is limited – early registration is suggested

Call The Ommani Center – 262.695.5311