

MINDFULNESS AND SCIENCE OF THE MIND

RECONNECTING THE
HEART & MIND
THROUGH PRACTICE
AND SHARING WITH
RAMÓN HONEA



FREE 8-week workshop!

Every Monday from 4:00pm-5:30pm,
beginning January 22 - March 18, 2024

**classes will not be held 2/19 for President's Day*

1900 Sixth St, Berkeley, CA, 94710



Spaces are limited and fill up fast! To reserve your spot, please call (510) 981-5350 or use the QR code below.

Walk-ins are welcome as space allows.

