

Mindful Mondays

**JANUARY SCHEDULE
2019**

1/7/19 - BODY SCAN

1/14/19 - MINDFUL MOVING

1/21/19 - MARTIN LUTHER KING DAY

1/28/19 - STANDING YOGA

"In today's rush, we all think too much — seek too much — want too much — and forget about the joy of just being." ~ Eckhart Tolle