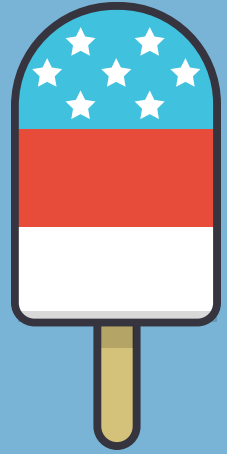


Mindful Monday



★ JULY SCHEDULE ★

JULY 2ND
NO MINDFUL MONDAY

JULY 9TH
BODY STRETCHING

JULY 16TH
GUIDED VISUALIZATION

JULY 23RD
BODY SCAN

JULY 30TH
MINDFUL MOVING