



Mindful Meditation



Workshop



Pranamind Center for Brain Wellness

Hosted By: Greg Trevigne

Zoom link will be provided upon registration



START DATE: Oct 19th (Every Wednesday)

TIME: 5:30 PM

Would you like to...

- Reduce Stress and Anxiety
- Enhance self-awareness
- Promote emotional as well as physical health



**Join us for this powerful and
life-changing
5-week workshop**



The cost is \$40.00 per session

***Some health insurance is accepted. Space is limited, email info@pranamind.com now to reserve your space.