



**A Balanced Life**  
Individual, Family and Child Therapy



**TAHOE RISING**  
Yoga Center

*Present*



# A MEDITATION AND MINDFULNESS GROUP

A free weekly group for adults in the  
South Lake Tahoe community

Thursdays 6pm-7pm at A Balanced Life  
2100 Eloise Ave South Lake Tahoe, CA 96150

If you have been wanting to take action on improving your emotional, psychological and mental health but have felt intimidated by learning and implementing ways to relax, quiet the mind, or think and feel more positively about yourself, your relationships and the world, then this class can be a great fit for you.

## Monthly themes on mindfulness include, but are not limited to:

- Present moment awareness
- Mind-body connection
- Introduction to meditative practices
- Grounding through breathe and body
- Stress management
- Interpersonal mindfulness skills
- Mindful healthy boundaries
- Self-love
- Self-care

and more.

We do not require any experience, only a willingness to show up and try it out.