

# Mindfulness Movement



with Yasuyo

**At Lotus Place on Thursdays  
9.45am to 11.15am**

*Something Magical Happens*

when we are consciously paying attention to the present moment in our body and breath!

**The brain heals itself!**



- ~ Become more relaxed in life
- ~ Improve sleep patterns
- ~ Better manage chronic pain
- ~ Improve attention and memory

