

Mindfulness Workshop

Select Tuesdays at 6:30 p.m. ♦ South Branch

Learn key factors and techniques to obtain success in life and how to develop emotional intelligence through heartfulness meditation practice in this 4-week workshop with the Heartfulness Institute. Registration for all 4 weeks is encouraged. **R**

July 10: Intro to emotional intelligence and practice relaxation technique.

July 17: Self-Regulation. Practice relaxation, meditation techniques and introduction to rejuvenation technique.

July 24: Self-motivation. Importance of goals. Practice relaxation, meditation, and rejuvenation techniques.

July 31: Empathy and social skills. Putting it all together.

R = **Registration is required.** *Two weeks prior for residents. One week prior for non-residents.*

South Branch

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