



Awakening Through Mindfulness to a Magnificent Self!

This class meets once per month on a chosen Sunday for 4 hours except for the retreat days that the class would be 7 hours.

Dates and Times Table:

#	Dates (All Sundays)	Times	Type of Day
1	Jan 20	10:30 am to 5:30 pm	Day-long Retreat
2	Feb 17	10:00 am to 2:00 pm	
3	March 17	10:00 am to 2:00 pm	
4	April 14	10:00 am to 2:00 pm	
5	May 19	10:30 am to 5:30 pm	Retreat
6	June 9	10:00 am to 2:00 pm	
7	July 14	10:00 am to 2:00 pm	
8	August 11	10:00 am to 2:00 pm	
9	Sept 15	10:30 am to 5:30 pm	Retreat
10	October 20	10:00 am to 2:00 pm	
11	November 17	10:00 am to 2:00 pm	
12	December 15	10:00 am to 2:00 pm	

We are delighted to see that you are interested in looking deeply at your life and taking time to pay attention to what's really important to you and how to make it happen.

If you have any questions please email instructor at manijeh@perfectlyhere.org.

May the goodness of your efforts benefit you, your loved ones and all beings.