Monthly Mindfulness Virtual Class

Come join us for our offering of our monthly Mindfulness virtual sessions. We offer these wonderful classes every 3rd Monday of each month from 6:45-7:45pm.

This will be an ongoing monthly series where we will be exploring such topics as thoughts, emotions, the wandering mind, and other impactful discussions. In these classes we will also be practicing mindful techniques such as meditation, breath work, chair yoga, and other mindfulness exercises. The goal of the series is to empower you with your own mindfulness practice so, that you will have the tools to manage your stress in your life.

Please RSVP for this special class by scanning the QR code to the right. The deadline to register is a week before the class starts.

Invite your Kaiser friend and family, all are welcome. We are excited to share this special class as a part of achieving better health. We look forward to seeing you in class.

Virtual Class every 3rd Monday of each month.

Scan the QR code below to register for the class:

We encourage you to share with anyone who is a Kaiser Member that would like to join us.

For more information: 916-478- 5146