



Settling In: Staying with mindfulness practice

REGISTRATION:

Call or e-mail Geri by **January 11, 2013**.

WHEN:

CLASS 1: Saturday, January 19, 2013 8:00am to 12:00pm

CLASS 2: Saturday February 16, 2013 1:00pm-5:00pm;

CLASS 3: Saturday March 30, 2013 8:00am to 12:00pm

CLASS 4: Saturday April 27, 2013 8:00am to 12:00pm.

WHERE:

Beltrami Electric Community Room
4111 Technology DR NW
Bemidji, MN 56601

COST: Suggested cost: \$200 for four half day classes, including materials.

CONTACT:

Reserve a spot in class or ask me questions by phone

444-6260 or e-mail geriwilimek@gmail.com