

JOIN US IN SELF-CARE AND SELF-
REFLECTION AT THE

Mindfulness/ Meditation Silent Mini-Retreat

Saturday, Feb 2, 2018

5:30pm - 8:30pm

@Chill Chicago (222 W Kinzie)

Explore your mental activity and present-moment awareness in a warm and compassionate setting.

\$45 for yoga & guided meditations & space for reflection.

Meditation cushions and yoga mats will be provided - just bring a dinner to eat mindfully!

FOR MORE INFO & TO BUY TICKETS, PLEASE VISIT:
WWW.MINDFULNESSMEDITATIONCHICAGO.COM

PLEASE EMAIL DR. GINA BARTUCCI, LICENSED
CLINICAL PSYCHOLOGIST & MINDFULNESS COACH
WITH QUESTIONS -
GINA@MINDFULNESSMEDITATIONCHICAGO.COM