

"Let nothing dim the light that shines within."

- Maya Angelou

# MINDFULNESS/ MEDITATION 8-WEEK GROUP

This winter, reignite your inner light with a New Year's Resolution that supports mind and body!

*Mondays 6:45PM-8:15PM*

*January 28 - March 18*

*@555 W Jackson, Chicago*

Join the 8-week group designed to provide techniques to quiet your active mind, focus on the present, and learn to put past and future events in a more objective perspective. No previous meditation experience is necessary - everyone is welcome!

The cost for the full 8-week program is \$300.

Visit [mindfulnessmeditationchicago.com](http://mindfulnessmeditationchicago.com) for more information.

#### **ABOUT THE FACILITATOR:**

**Dr. Gina Bartucci** is a licensed clinical psychologist & mindfulness coach who has been facilitating mindfulness groups for the past four years and has her own daily mindfulness/meditation practice.



*Contact [drginabartucci@outlook.com](mailto:drginabartucci@outlook.com) to reserve your spot - space is limited!*