

TOWN OF HIGHLAND PARK
WWW.HPTX.ORG | 214.521.4161

FREE MINDFULNESS CLASSES

11:30 AM in
the DPS Training Room

**TUESDAYS
MINDFUL MEDITATION
&
THURSDAYS
MINDFUL MOVEMENT**

Taking the *Mystery Out of Mindfulness*

We will teach you simple techniques, backed by scientific research, to help you lose some of your stress and gain more of what you want from life.

Enhance your awareness in the present moment, unifying your body and mind with gentle movements, stretches and breathing. You leave the session feeling refreshed as well as calmer. also provide other significant health benefits including improved strength, balance, flexibility, circulation, brain function, and immune system.

No special attire is necessary, easily practiced in work clothing. All abilities are welcome. No previous experience is necessary.

