

LOOK AT WHAT IS ON THE LATEST COVER OF TIME MAGAZINE!!!!



Mindfulness-based Stress Reduction Course presented by Patricia Isis, Ph.D., LMHC, ATR-BC
Check my website at www.MiamiArtTherapy.com for details

My next course will be in 2 parts.

Part 1: The nuts and bolts of mindfulness meditation.

Starting **March 3, 10, 17, and 31** from 7:15-9:15pm

Part 2: Deepening mindful awareness

Starting **April 7, 21, 28, and May 5** from 7:15-9:15pm

with a **Silent Retreat** on Saturday, April 26 from 10am-3pm

Each part is \$200.00 and takes place at my office in South Miami
7800 Red Road, Suite 210

Please call 305-271-4948 or email me at Isisartrx@aol.com

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