

# Mindfulness Meditation Program Overview

Dear Participant,

We are excited to welcome you to our Mindfulness Meditation Program. This program is designed to cultivate awareness, reduce stress, and enhance overall well-being.

## Program Details:

- **Duration:** 8 Weeks
- **Sessions:** Every Tuesday from 6:00 PM to 7:30 PM
- **Location:** Community Wellness Center, Room 101
- **Cost:** \$120 (includes materials)

## What to Expect:

Throughout the program, you will engage in guided meditations, discussion groups, and mindfulness exercises. Our experienced instructors will support you in developing a personalized meditation practice.

## Goals of the Program:

1. Enhance self-awareness
2. Improve emotional regulation
3. Decrease anxiety and stress
4. Cultivate mindfulness in daily activities

We look forward to embarking on this journey with you. Please confirm your participation by replying to this email.

Warm regards,

The Mindfulness Team