



Mindfulness for Emotional Wellbeing



- * Is life stressful, empty or your dreams put on hold?
- * Or just need a tool to find peace and contentment.
- * Or looking to create meaning and increase happiness.

This free 90 minutes retreat type facilitated session will introduce you to the concept of mindfulness. Learn to experience mindfulness and see how you would be able to weave it into your everyday life. By a set of specific techniques and practices to take home, you'll learn to lead life with more excitement and fulfillment.

Who HOME MAKERS

Where MANDARIN GARDENS
CONDO, FUNCTION
ROOM, 13, SIGLAP
ROAD, UNIT 02-
01.(ABOVE THAI PAN
RESTURANT)

When 9TH SEP, 10:30-12:00PM

What "MINDFULNESS FOR
EMOTIONAL WELLBEING"

Why TO LIVE LIFE TO YOUR
HIGHEST POTENTIAL.

Cost FREE

Register by

Email

thewellbeingseries@gmail.com

Webpage

[http://thewellbeingseries.wix.co
m/mysite](http://thewellbeingseries.wix.com/mysite)

Facebook

The well being series

Facilitated By

Srividhya Sridhar & Team – Counsellor & Psychotherapist

Srividhya is a member of Singapore Association of Counselling and is an independent Counsellor. She has completed her Masters in Counselling and Guidance from National Institute of Education, Singapore and has a Diploma in Child Psychology and is a mindfulness practitioner.