

IMPROVING MINDFULNESS

PLEASE FOLLOW THE QR CODE
BELOW TO REGISTER:



Email: ContinuingEd@azwestern.edu

Class Info

1351 S. REDONDO CENTER DR,
YUMA, AZ, 85364
(928) 317 - 7674
PRICE: \$96



COURSE OBJECTIVES

- Define mindfulness
- Develop techniques to make oneself more attuned to the present moment
- Understand the value and utility of one's emotions
- Learn how to identify and counter distorted thinking
- Learn how to cultivate genuine positive emotions
- Become more fully present in social interactions



Refund Cancellation Policy:

A 100% refund will be granted if a request is made 2 business days prior to the start of class. A 50% refund will be issued if notice is received less than 2 business days prior to class. No refunds will be issued after the first day of class. If a class is canceled due to low registration we will contact you 2 business days prior.