

Lotus Counseling: Mindful Psychotherapy

MINDFULNESS BASED STRESS REDUCTION

Evidence based mindfulness program, clinically proven to benefit your mind, body, and your relationships with others.

presented by
Laura Foulds, MS., LMFT, RYT

7:00-9:00pm
Tuesday's
October 4th-
November 29th

To register for the 8-week course
contact Laura at 817-360-4462 or
info@LotusCounselingTX.com



COURSE OBJECTIVES



How Mindfulness leads to
Heartfulness

Cultivating Presence:
C.O.A.L. states

How breath awareness
leads to mental stress
management

Greater mind-body
awareness +
attunement

Investment

\$499 for the eight-week program including one six-hour
meditation retreat

