

Above and Beyond Community Classes, Inc. Presents:



Group Life Coaching: Focus on Mindfulness, Time & Stress Management

Mondays 3-3:50pm via Zoom or In Person

\$360.00 for 8 Sessions of Fall I:

Mon-9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

\$315.00 for 7 Sessions of Fall II:

Mon-11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18

In this highly interactive class, principles of Mindfulness, time and stress reduction will be taught to help students improve their goal setting and time management. Incorporating techniques such as S.M.A.R.T. goal setting along with Vision Boards and Mindfulness breathing exercises, students will learn to identify which personal goals support their time and stress management levels and which goals we might need to rethink. Class is taught by Erin Vlasak & Gina Frisina and held via Zoom and @35 West.

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @35 West Main St, Smithtown