



MINDFUL PRACTICE INC.

We help people learn simple mindfulness practices they can use to live their best life now

(909) 262-8325



8 week course

Mindfulness Practice for Health and Well-Being

Call today 909.262.8325

Where: Temecula

Mindful Magazine defines mindfulness as, "The basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."

Classes are currently forming.

Individual Sessions are also available

ABOUT THE INSTRUCTOR

Renda Dionne Madrigal, Ph.D. is a Psychologist and UCLA Certified Mindfulness Facilitator.

She was featured on the cover of the February 2018 edition of *Mindful Magazine*.

More Peace
Better
Relationships
Better Health

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