

Mindful Living

2020-2021 Class Schedule

REMOTE Mindful Nurturing Parenting (8 weeks)

\$170/participant due and payable at the start of the 8-week class

**Private one-on-one \$58/session*

Weekly on TUESDAYS 1:00 – 3:00 pm

- **July 7 – September 1, 2020**
- **September 8 – October 27, 2020**

Weekly on TUESDAYS 5:00 – 7:00 pm

- **November 3 – December 22, 2020**
- **January 5 – February 23, 2021**

Weekly on TUESDAYS 10:00 am – 12:00 pm

- **March 2 – April 20, 2021**
- **May 4 – June 22, 2021**

REMOTE Mindful Co-Parenting (7 weeks)

\$140/participant due and payable at the start of the 7-week class

**Private one-on-one \$58/session*

Weekly on THURSDAYS 1:00 – 3:00 pm

- **August 6 – September 17, 2020**

Weekly on THURSDAYS 3:00 – 5:00 pm

- **February 4 – March 18, 2021**

REMOTE Mindfulness-Based Stress Reduction (8 weeks)

Pay: \$170/participant due and payable at the start of the 8-week class

**Private one-on-one - \$58/session*

Weekly on THURSDAYS 3:00 – 5:00 pm

- **September 24 – November 12, 2020**

Weekly on WEDNESDAYS 11:00am – 1:00pm

- **January 13 – March 3, 2021**

**For more information or to pre-register, please contact
Leslie Wall, Mindful Living Coordinator
530-283-3611 (voice/text) or lwall@plumasruralservices.org**