



MindfulBeing

All classes being offered at Mindful Being Studio, 4544 Post Oak Blvd., Suite 100

Free Open Sits	Mondays – Fridays: 12:00 – 12:30 pm
Free Meditation & Yoga Flow	Wednesdays, 7:15 – 7:55 am 20 min of meditation followed by 20 min of yoga <i>Feel free to come in your work clothes</i>
Beginning Mindfulness	Wednesdays, January 29th – March 4th, 6:15 – 8:15 pm Wednesdays, February 5th – March 11th, 9:30 – 11:30 am Tuesdays, March 31st – May 12th, 9:30 – 11:30 am (no class on April 4th) Wednesdays, April 1st – May 13th, 6:30 – 8:00 pm
Mindfulness Based Stress Reduction (MBSR)	Saturdays, January 25th – March 21st, 10:00 am – 12:30 Full Day retreat: Saturday, March 7th from 9:00 am – 4:00 pm Tuesdays, April 21st – June 9th, 6:00pm – 8:30 pm Full Day retreat: Saturday, May 30th from 9:00 am – 4:00 pm
Cultivating Positive Emotions	Mondays, January 27th – March 2nd, 6:15 – 8:15 pm Mondays, March 30th – May 11th, 9:30 – 11:30 am
Mindful Communication	Thursdays, January 16th – March 5th, 10:00 – 11:30 am Wednesdays, March 25th – May 6th, 6:30 – 8:00 pm
Deepening Kindness and Compassion	Tuesdays, March 26th – April 30th, 10:00 – 11:30 am
Mindful Parenting	New Dates Coming Soon!
Individual Sessions	Flexible scheduling, please call (713) 636-9375 to set up an appointment.