



Mind Full, or Mindful?

Mindfulness Meditation for Everyone

A mindfulness practice is easy, free, and always available. Learn SIMPLE practices and tools of mindfulness to help you focus on what is really important in your life. By becoming more aware, you'll enhance your capacity to cope with life's challenges with more grace and ease.

Wednesday, October 24, 2018 5:30- 6:40

Tuesday, November 27, 2018 5:30-6:40

Wilkinson Public Library * Telluride Room

Susie St.Onge (MA Ed) is a 32-year Telluride K-3 teacher. Since retiring, Susie has worked to bring Mindfulness to Telluride Schools' students, teachers, and parents. She also coaches mindfulness privately.