Mindfulness Yoga
with Nicole Jones

Join Nicole once a week to learn the basics of Mindfulness Yoga and acquire the skills and tools to start a lifelong accessible practice. Sessions will be held for 6 weeks every Wednesday from 4:00-5:00 at Connecte Psychology from March 29th to May 3rd.

Step on your mat and experience a movement practice that unites body and mind. Mindfulness yoga will allow you to tune into your breath, body sensations, and your body’s capacity to move. These sessions will help you to learn how to appreciate yourself and your body.

Price: 100$ for 6 sessions
Location: Connecte Psychology
4203 Sainte-Catherine West, Suite 202
Westmount, Qc, H3Z 1P6
Contact: Connecte Psychology to reserve your spot at 514 507-0745 or info@connectepsychology.com