



Deepen Your LOVE Relationship With Mindfulness



Using mindfulness in our love relationships can help us connect more deeply, communicate more fully, and relax into one another more often. Join me for a Talk and Demonstration. Get that babysitter and make it a date night!



What: Talk and Demonstration

When: Friday January 29 7-8pm

Where: 595 Millich Drive

Suite 102

Campbell Ca, 95008



Taught by Julia Mudarri, M.A., LMFT (89476) Julia has years of experience helping parents (as couples) be different in their approach. She specializes in using and teaching mindfulness to both children and parents to better enhance their lives in all areas.

Community offering, donations accepted



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Using Mindfulness and compassion to guide positive change
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