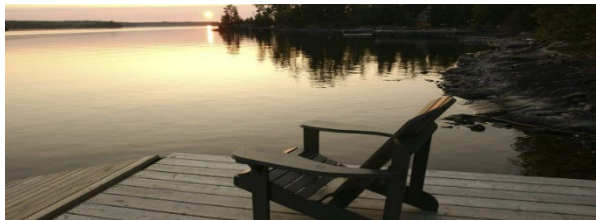


Mindful Evenings with Franca & Julia



Join us for an enriching and rejuvenating evening of mindfulness practices to nurture your mind, body, and soul. Our experienced facilitators, Franca and Julia, will guide you through activities to help you embrace the present moment, reduce stress, and foster self-awareness and self-compassion.

Date: First Wednesday of the Month ONLINE (January 8, - May 7, 2025)

Time: 7:00 PM - 8:00 PM (Jan 8, Feb 5, Mar 5, Apr 9, May 7, 2025) Q&A: 15-min, following the session.

Registration: Please Register to secure your spot and receive the ZOOM link. Limited spaces available.

Fee: \$75 for 5 sessions

Event Highlights:

- **Mindful Movement:** Engage in gentle movement exercises to connect with your body and breath, promoting relaxation and grounding.
- **Welcome & Opening Meditation:** Begin your journey with a calming meditation that sets the tone for the evening.
- **Brief Talk on Theme Topic:** Franca and Julia will introduce the theme of the evening, providing insights to inspire your mindfulness journey.
- **Journaling:** Reflect and express your thoughts through guided journaling, fostering self-discovery and self-expression.
- **Breakout Rooms:** Connect with like-minded participants in smaller groups, sharing experiences and insights.
- **Closing Meditation and Poem:** Prepare to conclude the evening with a soothing meditation accompanied by a thought-provoking poem.
- **Opportunity for Q & A's:** Engage in a meaningful dialogue as Franca and Julia address your questions about mindfulness and well-being.

Let this be your time to unwind, find balance, and cultivate mindfulness in your daily life. No matter your experience level, you are welcome to join this journey toward self-awareness and inner peace.

For inquiries, contact franca@mindfulness everyday.org or julia.neilson@mindfulness everyday.org

Embrace the present, nurture your well-being, and embark on a path of mindfulness with Franca and Julia. We look forward to sharing this experience with you!

Note: This event is for informational and educational purposes. It does not substitute for professional medical advice or treatment. If you have any health concerns, please consult a healthcare provider.



Julia Neilson, BA, B.Ed.

"Within you, there is a stillness and a sanctuary to which you can retreat at anytime and be yourself."

~Hermann Hesse

JULIA NEILSON has dedicated over 20 years to elementary school students as a teacher with the Halton District School Board since 1990. Julia has learned the importance of mindfulness and the positive changes it can bring to the way we live our lives, how we feel about ourselves, and how we interact with others.



Franca Battaglia BA, B.Ed.

"Smile, breathe and go slowly." ~Thich Nhat Hanh "
You are the sky. Everything else is just the weather." ~Pema Chodron

FRANCE BATTAGLIA is an experienced Mindfulness Facilitator with Mindfulness Everyday, offering programs for Educators, HealthCare Professionals, Parents, Group organizations and Teens. Franca is grateful to have found a path that nurtures greater conscious awareness, acceptance and clarity and she is looking forward to sharing mindfulness resources with the community.



Practice Mindfulness
Everyday

www.mindfulnesseveryday.org

