



comprehensive wellness™

Comprehensive Wellness presents

MINDFULNESS MONDAYS

Mondays, April 9-30
10:00am-12:00pm



De-stress, Center and Energize your Mind and your Body



Comprehensive Wellness is pleased to be offering a four-class series of mindful meditation with board-certified hypnotherapist, Rebecca Berke.

Rebecca Berke is a Hypnotherapist and Mindfulness Specialist who has spent decades working with the mind/body connection.

To Register

Registration includes mindful meditation recordings and all class materials.

Cost: \$300 for four sessions

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April 9-30, 2018

Register today!

Space is limited. Call (925) 464-3916 to register
Visit www.comprehensivewellness.org, for more information.