MINDFUL MOVEMENT

non-judgement

Curiosity

stress resilience

strong bones cognitive decline



healthy

mind body connection

breathe better self kindness





+immune response

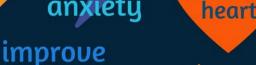
body sensations less inflamation

Age well

TaiChi



reduces depression reduces anxiety



diabetes

less pain

direct experience

live longer



+awareness

improved mental

QiGong

self-efficacy health

MINDFUL MOVEMENT **JOIN US FOR A COUR**

+quality

of life