The Mindfulness & Meditation Group

The Mindfulness & Meditation Group at Inner Clarity, LLC has been designed to provide a therapeutic space for adults, 18 and older, to learn various skills to enhance overall wellness. Learn natural ways to reduce stress and improve your mental, physical, and spiritual health.

Group leader, Angela Mancini, LAC, and Licensed Yoga Instructor will guide attendees through a 1-hour weekly group held **Wednesday evenings. \*\*Just a few spaces left in this group!!**

Topics/Activities include: Mindfulness exercises, Meditation, Yoga, Guided Imagery, Use of Essential Oils, Creative Writing for Wellness, Crystals for Energy Healing, Coping Skills for Pain Reduction…and much more!!

Cost of the group is $30. Out-of-network submission available upon request.

(insert pictures here)