

IE22-29 Presence

**PRESENTED BY**

Jodi Simmonds & Kerri Lorenson

**SERIES SESSIONS**

Date	Time
April 28, 2022	3:45 PM – 4:45 PM

**LOCATION**

Online - Your Computer

FEE

\$25.00

QUESTIONS?

Contact Us:

780-623-2248

REGISTER ONLINE

Visit our website to register:

lnes.ca

Program

This series offers an introduction to mindfulness and mindful meditation with a focus on movement and reflection throughout one's practice. This blended approach provides layers of wellness benefits in an active and engaging format. This series is fitting for adults of all ages and differing physical abilities. Each session will host a theme to implement into each area of focus. Themes include: Gratitude, Compassion, and Joy.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Jodi Simmonds

Kerri Lorenson

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org