



TCB PRESENTS: MINDFULNESS TO CREATE WELLNESS

WHEN:

Tuesday, June 19, 2018,
Networking 6:00pm/dinner 6:30pm/speaker 7:30pm

Many workplace environments are experiencing increased stress and anxiety. When employees are stressed out, it ripples through the whole culture of an organization with adverse effects in many areas such as inter-personal communications, trust, creativity, productivity and the ability to build strong, effective teams. Join us on June 19 and learn how to increase energy, vitality and wakefulness in your own workplace.

MEET THE SPEAKER:



Christina Dcosta first came to meditation looking for a way to reduce the daily stresses of her life. Not only did she find this, she found a new way of life. She has maintained a meditation practice in the Vipassana tradition since 2006.

She pursued her Mindfulness studies through University of Toronto and obtained her certification. She facilitates corporate mindfulness workshops and group mindfulness sessions through here organization Mindful Being. She is a member of Mindfulness Toronto and an active member of Discover Mindfulness. She is currently in her 2nd year of study to acquire her psychotherapy license. To learn more, go to www.mindfulbeing.ca today!

RSVP:

Reply to Aldena Torres

aap.toronto.vicepresident@gmail.com



GAIN POINTS!

This event qualifies toward your re-certification points.

YOU'LL LEARN:

- What is mindfulness,
- The neuroscience behind mindfulness, and
- How to set up a mindfulness practice to create wellness in your workplace.

WHERE:

Canadiana Restaurant
5230 Dundas St. W., at
Six Points Plaza,
Etobicoke, ON
(Tel: 416-239-1114)

PRICE:

\$25 Members

\$30 Guests

(includes 3-course dinner, coffee or tea, taxes & gratuities; alcoholic beverages at individual's cost)

CANCELLATION POLICY: 48

HRS NOTICE REQUIRED FOR FULL REFUND; COST WILL BE INVOICED OTHERWISE.