



Kristi Stangeland is the founder of My ParaVita. As an international retreat leader, lecturer, private meditation coach for busy executives and creator of the My ParaVita Circle, an online meditation membership program, she helps busy people find balance, wellness and contentment in their daily lives.

ZOOM Meditation Made Easy with Kristi Stangeland

Many might feel that they should meditate, only few maintain a meditation practice. Join Kristi for a guided meditation to get started!

During this session, you will learn:

- ◆ How meditation can help with health and wellbeing
- ◆ The key ingredients for an effective meditation practice
- ◆ How to easily start a practice

In addition, Kristi will lead a group guided meditation for all to experience the relaxed state that can be attained with meditation.

Date: Friday February 19th, 2021

Time: 1:00 p.m. to 2:00 p.m

Registration required

Join Mosaic Home Care Services for Zoom Programs Online. Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Home Care Services & Community Resource Centres

Corporate Office

The Shops on Steeles and 404

2900 Steeles Avenue East, Suite 218

Markham, ON L3T 4X1

Tel **905.597.7000** Fax 905.597.5446

Toronto Office

105 Wilson Avenue

Second Floor

Toronto, ON M5M 2Z9

Tel **416.322.7002**

