

# Mindful living

## AN INTRODUCTION TO MINDFULNESS WORKSHOP

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THURSDAY  
SEPTEMBER 20, 2018  
6.00PM - 9.00PM

BROUGHT TO YOU BY



wakeupkate

LOVE TRIBE



Founder Wake Up Kate,  
Qualified CFM Trained  
Mindfulness Teacher, Global  
Keynote Speaker,  
Matcha lover

[www.wakeupkate.com](http://www.wakeupkate.com)



Tech Entrepreneur, Certified  
Yoga Teacher, Community  
Builder, Advocate For Women  
In Leadership

[www.lovetribe.com](http://www.lovetribe.com)

## THE EVENING:

6.00pm Arrive appetizers

6.45pm Workshop

8.00pm Bubbles and mingle

## VENUE:

Yellow Door, 114 Thomas St  
Oakville

## WHAT YOU'LL LEARN:

This inviting workshop is an introduction to mindfulness, self-care and resilience. Come discover the benefits of mindfulness, the neuroscience behind it & practical tips to apply it in your life

## TICKETS:

905-815-8859

[info@yellowdoorstudio.com](mailto:info@yellowdoorstudio.com)

**\$25**

Suitable for everyone  
All levels welcome. 100% of  
proceeds given to local charity

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