



**SOUTH CENTRAL
COAST REGIONAL
CONSORTIUM**
WWW.SCCRCOLLEGES.ORG

Mind full
or
Mindful

**WEDNESDAYS
THROUGH
JUNE 26, 2024**

MINDFULNESS FOR THE WORKPLACE

Supporting our community of CTE Educators is critical for student success. Join us for weekly professional development to discover a variety of Mindfulness tools that encourage your well-being as professionals. Learn skills for reflective practices, stress management, and understanding various perspectives.

OUR AWESOME FACILITATOR:



ALEXIS SHAHIN

MINDFULNESS &
MEDITATION COACH

www.havelovewillyoga.com

Alexis Shahin is a certified yoga teacher, certified meditation and mindfulness teacher, author and entrepreneur. She specializes in supporting professionals using holistic methods for reducing life's everyday stress and anxiety.

**EVERY WEDNESDAY
6:30PM - 7:30PM**

VIA ZOOM

REGISTER BELOW:

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