

Meditative Arts

An Exploration of Mindfulness and Creativity

Terms & Conditions of Agreement with Foundations for Learning (FFL)

4 week course - 8 sessions - Beginning January 19th, 2021

Every Tuesday & Thursday 5:25 to 6:15

Dates - January 19th, 21st, 26th, 28th, & February 2nd , 4th , 9th, 11th.

Class Size limited to 12 students (minimum of 3 participants needed for class to run)

Age Group: 14 -18

Classes will be held virtually

Cost: CHF450

Note: This is a skills based class and does not entail individual counseling

I will arrange a space that affords the same privacy as face-to-face meetings.

The dates of the course are fixed and cannot be changed.

The Foundation reserves the right to cancel the course if insufficient people register.