

An Online Workshop
**Manifesting Magnificent Mindful
Moments today and into 2024**

Lindsay Leimbach



Date: Wednesday Dec 6th, 2023

Time: 12:00pm to 1:15pm

Place: Online (Zoom)

Cost: Free to CSCVSB Participants

RSVP: Register on our website:

cancersupportvvsb.org

or email:

programs@cancersupportvvsb.org

or call: 805.379.4777

Stress, worry, and being overwhelmed do not have to be part of your life. Manifesting Magnificent Mindful Moments is a practice that can empower you to have calm, centered thoughts and problem-solving even in a quickly changing world. We will learn valuable insights and tips, backed by scientific research, on aligning your authentic self with your life. Expect to come away with the tools and inspiration to learn to be more present and productive at work and home and gain an understanding of how to develop the practices to put in place to be more mindful and connected today and into 2024.

Lindsay Leimbach has taught mindful classes and seminars for school students and staff, nonprofit organizations, businesses, and parents. Helping others adapt, integrate, and flourish in a world filled with change and demands daily. She is a Mindful Living Coach working 1:1 and with families. Lindsay Leimbach was the Head Director, principal, and teacher at a special education school for 23 years. She has been a full-time mindfulness teacher and coach for nearly ten years.