



## 3-Week Workshop

March 19th, 26th, and  
April 2nd, 2020,  
from 7:30-9 PM

Ixchel Center,  
23 Wilson St., 2nd Fl.  
Hartsdale, NY 10530

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

Every day we are exposed to continuous communication, either verbal or non-verbal. How we approach the variety of conversations with ourselves or others influences us how we think, see the world, and how it affects the people around us. In this 3-week workshop, you learn different skills on how to improve your communication potential:

- Discovering our go-to conversation tools and learning alternatives.
- Exploring our emotional connection to how we interact.
- Practicing and improving the ability to listen.
- Experimenting with strategies resulting in unique outcomes, even in stressful situations.

Register through [Eventbrite](#)  
or email Raditia Lasry for information  
at [mindfulbeingllc@gmail.com](mailto:mindfulbeingllc@gmail.com).