



C.A.L.M

(Cultivating Acceptance, Love & Mindfulness)



AmeriCorps



MIND YOUR MIND WORKSHOP



by
Dr Vikram Kapur

FREE!

**1PM-4PM, Saturday,
3rd Feb, 2024**

- Intro to Mindfulness**
- Yoga & Meditation**
- Sound Healing Session**
- Vision Boarding & Manifestation**

- Discover the power of self care & self acceptance
- Find new ways to prioritize your mental health & well being
- Set your intention & affirmation for 2024



Location:

**Falcon X Auditorium
691 S Milpitas Blvd
Milpitas, CA, 95035**



Program done in collaboration with AACI & funded by Santa Clara County Public Health Department

Reg link:

<https://www.sewausea.org/event-5583411>

<https://www.sewausea.org/BayArea/CALM>

Together we serve better!