



# Mindfulness and Relationships

~ *For couples and singles* ~

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This class will combine elements of mindfulness, self-validated intimacy, working with difficult emotions, and “relationships as mirror.”

Classes will be held at the First Reformed Church of Scotia. Please call 374-3514 for more information.



## **Four-week Mindfulness Class**

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Wednesdays  
January 6th ~ 27th  
7:30 ~ 9:00 pm

\$200



*Oona Edmands, LMSW, EMDRII, is a psychotherapist at Samaritan Counseling Center of the Capital Region, and a long-time meditation instructor in the Buddhist tradition.*

