

The Mind & Body Connection



THE
COLLEGE
OF THE
FLORIDA KEYS

This workshop focuses on transformation through mind, body, and spirit. You will be introduced to meditation and breath-work that will result in a range of benefits for the body including improved sleep, lowered blood pressure, and improved mental function.



Location: Virtual

Dates: 01/16/24 - 02/01/24

Tuesdays & Thursdays

Times: 5:30 to 6:00 pm

CRN: 21747

Fees: \$60.00

Register: Enrollment Office Building A

For Info: Community Education Office 305-809-3185

