

Introduction To Mindfulness

Led by Peter Feinmann, Feinmann, Inc., Lexington, MA

“I have been attending the EM NARI meditation class for the past 8 weeks. During these stressful times, I found it to be extremely beneficial for my business and personal life. The simple fact of setting aside one hour during a work week to relax makes a huge difference in attitude and productivity and certainly makes me feel more relaxed and energized.”

Phil Cherkas
Cherkas Home Improvement

Peter Feinmann, President of Feinmann Inc in Lexington, Ma. is offering an "Introduction to Mindfulness Program" to RAR members. This program will be offered the program via Zoom meeting on four consecutive Mondays at 7pm ET on July 6, 13, 20 and 27. The cost is \$75 for all four sessions.

Mindfulness Meditation is another powerful tool to help you reduce stress in managing one's business. It can help manage anxiety and reactivity when dealing with clients and employees. It can also help you be more effective by facilitating greater attention and focus. The course will include presentation and practice, and will be welcoming for everyone. Whether you have taken part in any mindfulness meditation or this is your first time, we invite you to join us for this great program.

Please contact peter@feinmann.com to register for this program. This four week program will be limited to 15 participants.