

A portrait of Stephanie Lopez, a woman with dark hair and bangs, wearing a yellow cardigan over a blue top and a colorful beaded necklace. She is smiling slightly and looking towards the camera. The background is a textured, light-colored wall.

Embodied Presence

Meditation & Psychotherapy Converge

with Stephanie Lopez

Moving from the head to the heart with iRest® Meditation

An interactive workshop for mental health professionals and yoga therapists to develop skills and experience in offering meditation 1:1 with clients. With Stephanie Lopez, Clinical Social Worker and Director of Operations at the Integrative Restoration Institute in California.

When: Saturday 2nd September 2017 10am - 5pm
Where: Mullumbimby Civic Hall - 55 Dalley St, Mullumbimby 2482
Cost: \$220 / \$180 early bird (before 11th August)
Register: www.centreformindbodywellness.com.au/events

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