VIRTUAL AUTHOR TALK WITH

LINDA YARON WESTON

This interactive session will explore mindfulness and well-being tools to thrive in school, work, and life. Participants will explore the principles of mindfulness, practice together, and learn how to show up with more presence and clarity for ourselves and others. The session will feature a discussion from the author’s new book *Mindfulness for Young Adults: Tools to Thrive in School and Life.*

MINDFULNESS TOOLS TO THRIVE

Linda Yaron Weston teaches at the University of Southern California, where she developed their introductory mindfulness course. A National Board Certified Teacher with almost twenty years of experience teaching academic and well-being courses at the high school and college level, she holds dual MEd degrees from UCLA and certifications to teach English, physical education, and health, as well as certifications in mindfulness and yoga.

To RSVP please call (310) 288-2244 or email us at reference@beverlyhills.org.

TUESDAY, OCTOBER 12TH AT 6:00 PM VIA ZOOM