



Happy Humans Mindfulness

# Mindfulness and The Brain

Join Zoom Meeting:  
[HERE](#)



## Explore and learn!

- What Mindfulness is
- What Mindfulness isn't
- Practice and reflect
- Benefits of mindfulness
- An overview of the brain
- How Mindfulness changes the brain
- Simple breathing practices for adults and kids

**When:**  
**5/6/21**

**Time:**  
**6:00-7:00**

[www.happyhumansmindfulness.com](http://www.happyhumansmindfulness.com)