



Wellness Activity - Beachside Mindfulness Walk & Meditation

Calling all Psychologists! Please join us today for an enriching journey towards inner peace and mindfulness at our unique wellness activity during APS.

Embark on a Mindfulness Walk to the Beach, immersing yourself in the natural symphony of waves, wind, and sand. Let the ocean's rhythmic whispers guide your thoughts into tranquility and open your mind to a realm of mindfulness.

Following the mindful walk to the beach, prepare for a Guided Mindfulness Meditation Workshop. Two certified trainers will lead you through a transformational experience, blending the art of guided imagery and diaphragmatic breathing. Let's work together to promote positive health behaviors!

Note: Please remember to bring water for hydration and wear comfortable shoes for a transformative experience.