

Drop In Meditation Breaks

Feeling overwhelmed and need
a break in your day?

We have you covered!



Drop in for 20-min live, guided mindfulness meditations with other employees from all over New Mexico! These sessions are brought to you by **The Solutions Group** and are available to all client groups and their employees and members.

TUESDAYS: 12:30 - 12:50 pm

THURSDAYS: 12:00 - 12:20 pm

FRIDAYS: 12:00 - 12:20 pm

Drop in any Thursday. Register to get the link:
<https://tsgmeditations1.themindfulcenter.com>

These sessions will be led by
Michelle DuVal, MA, director of The Mindful Center.

