

Mindfultrail

Mountain Mindfulness Seminar



"Claudio gave me a great present: he taught me how to pay attention to the present moment, to people, even to the trivial things I was so used to ignore. It was like a new beginning for me."

Valentina, Meditation Student, Siena, Italy.

@The Club at Allegria Spa, Nov 19th, 1-4 pm

100 E Thomas Place, Beaver Creek, Colorado, 81620

Feeling like you're stuck somewhere? Let's create a trail of mindfulness together!

Be part of the trail of mindfulness that Claudio is creating to link people and places in his one-year journey through the

Americas, from Canada to Argentina. In this seminar you will explore how to find deeper meaning in your daily life and understanding that *"the path is the goal"*. No previous experiences necessary.



www.mindfultrail.org



Claudio Corbelli, PhD
Counsellor, Meditation and Tai Chi Instructor