

# Mindfultrail

## 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 clubhouse, Nov 12th, 1-4 pm

199 Forest Oaks Drive, Durham, NC 27705

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 mindfulness seminar you learn basic mindfulness practices, explore how to find deeper meaning in your daily life and understand that *"the path is the goal"*. No previous experiences



[www.mindfultrail.org](http://www.mindfultrail.org)



Claudio Corbelli, PhD  
Counsellor, Meditation and Tai Chi Instructor