



Passionate Mindfulness Meditation Group

Mindfulness Meditation has been proven to be effective with psychotherapy to treat anxiety, depression, and other life struggles.

Juan Carlos Piñeiro

CYT | Life Coach | Performer

Tuesdays

8:00-8:55am (beginning June 27th) for 16 weeks

5:30-6:25pm (beginning June 28th) for 16 weeks

- Mindfulness Meditation techniques will be taught with assignments intended to further foster self cultivation with your life
- transformative and experiential training in the art of self-cultivation
 - Reflection
 - Creative expression

Juan Carlos (Latin) Piñeiro is a Performing Artist, Spoken Word Poet, Motivational Speaker, Certified Yoga Teacher and Educator that has spend more than 15 years researching, developing, and facilitating workshops that utilize artistic expression as a tool for self-cultivation and psychosocial development among numerous populations. He holds an Associates Degree from SUNY Orange in Humanities and Social Science, a Bachelor's Degree from SUNY New Paltz in Psychology with minor in Black Studies and focuses in both Women's and Caribbean Studies along with a Master's Degree in Transpersonal Psychology with a Specialization in Spiritual Psychology. Additionally, he holds various certifications and has both experienced and facilitated numerous trainings in yoga, creative expression, mindfulness arts and multi-cultural education.

Sign up in front office or call 845-562-9816