



Mindful Return

Planning a peaceful, empowered, and radiant return from parental leave.

## 2022 Mindful Return Sessions

Session 1

**January 10 - February 4**

Session 2

**March 7 - April 1**

Session 3

**May 9 - June 3**

Session 4

**July 4 - 29 (UK Chapter only)  
July 11 - August 5**

Session 5

**September 5 - 30**

Session 6

**November 7 - Dec 2**