



LEADING WITH
confidence & conviction

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MINDFUL MKUU

Mindful MKUU is an 8-hour workshop offered quarterly with a focus on four key pillars: Mindfulness, Health/Nutrition, Personal Safety, and Life Safety. Each session is facilitated by a dedicated mentor with leading experts as guest speakers and practitioners.



Yoga & Meditation

Reduce stress, calm the mind, and breathe.

Physical and Mental Health for Women

Manage physical and mental health to be the best you plus foster healthy relationships.

Nutrition & Meal Preparation

Establish healthy eating habits including hands-on meal preparation.

Self Defense

Learn tactics for protection and how to verbally deescalate situations.

Cyber Security & Anti-Bullying

Safely navigate the digital world to guard against predators, bullies, and identity theft.

CPR Certification

Train to provide care and assist in emergency situations.

Visit us online to register for our next class: mkuuisyou.com