

Practicing Mindful Meditation



6 Wednesdays:
May 24, 31,
June 7, 14, 21, 28
7:15 – 8:15pm

led by **Sandy LeBlanc**

Mindfulness is a groundswell antidote to today's intensity and stress. **Meditation** is an ancient art: taking time to step off the grid, be quiet and listen inward, and acknowledge our spirituality.

To truly integrate Mindfulness and Meditation in daily life, we need to Practice!

This 6-class series will teach simple meditation & mindfulness techniques, from **Buddhist & Yogic traditions** and **MBSR (Mindfulness-Based Stress Reduction)**, as well as **Positive Psychology**. We'll begin with gentle yoga to build union with body & mind. Focus on the breath, inner awareness and single-minded anchors as we practice mindfulness, guided & self-directed meditations, and Savasana.

Cost: \$90 + hst for the series, or \$20 drop-in. Pre-register.

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