

The Mindfulness Centre

presents



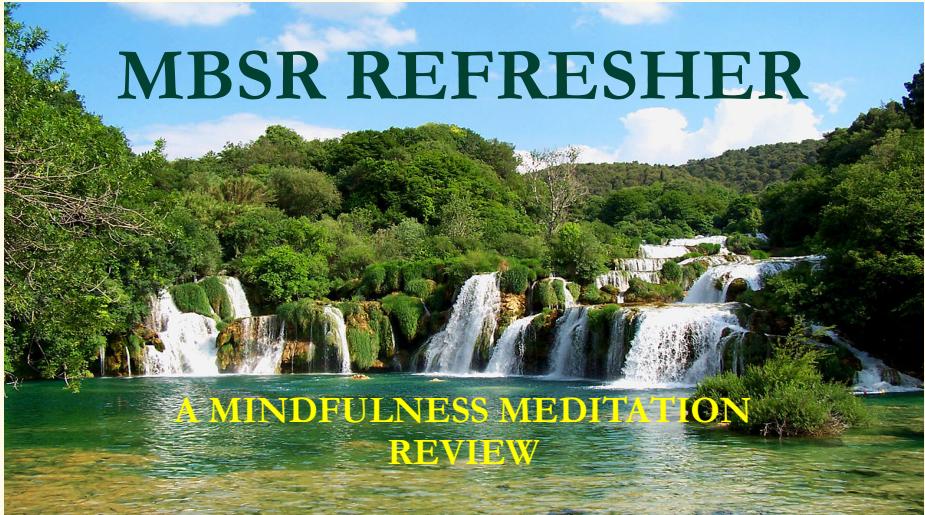
Date:
Saturday,
April 21, 2018

Time:
10:00am – 4:00pm

Location:
The Mindfulness Centre
Suite 407

Cost:
\$160

To Enroll:
Please email us for
further instructions.



MBSR REFRESHER

A MINDFULNESS MEDITATION REVIEW

with
Marlene Van Esch, MSW; Linda Macdonald, M.D.

Review, digest and consolidate:

You have completed the MBSR-X or have other mindfulness meditation experience, and you want a refresher helping you renew your commitment, review your practice and consolidate your gains. This workshop will provide the opportunity to revisit the most basic principles of Dynamic Mindfulness and clarify misunderstandings that may have crept into your practice. You will be exposed to a combination of necessary theoretical knowledge, direct practice experience and Q&A processing.

Participants will:

- *review* the basic tools we use to ensure successful practice,
- *explore* various meditation practices and learn to best use them,
- *define* the mind and remember its embodied and relational quality,
- *understand* the connections between what we do in meditation and what is going on in the brain and body,
- *cultivate* deep, penetrating awareness and the creativity that flows from it,
- *integrate* meditation techniques to improve wellbeing and reduce stress, and
- *develop* resilience and mindsight.

Who Should Attend:

Anyone who has taken the MBSR-X/MBCT programs or with other mindfulness meditation experience, wanting to refresh or consolidate some of the most basic meditation principles.

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