



Mindfully Well Heart

*Preventing and healing heart dis-ease through a
Life in Balance*

The *Mindfully Well Heart* is an innovative program for healing our hearts by tapping into the ancient, holistic wisdom of Ayurveda, by learning effective methods for relieving the destructive effects of stress, and by unleashing the power of human connection.

The Program

Many heart conditions, issues of dis-ease, not disease, are mostly preventable through mindful lifestyle interventions. This program will help you understand the risk factors which are preventable through healthy, balanced lifestyles. You will learn how to best support your individual mind/body (dosha) type through understanding your unique Ayurvedic nature and how it relates to different heart conditions. You will learn new approaches to understanding and enhancing the role of your heart in its many functions, not just a pumping organ, but an actual brain, using Heartmath technology. You will learn techniques for living more mindfully in the midst of life stress and find support in connecting to others. This unique approach, based on ancient, holistic wisdom may enhance and augment traditional medical information and treatment. Live your *Life in Balance*.

Program Format

**1 ½ Day Weekend Retreat at the Mindfully Well Center Followed by
6 weeks of Life in Balance Sessions**

When: Saturday, February 18, 2017, 9 am – 5:30 pm, and
Sunday, February 19, 9am-1 pm

Life in Balance Sessions


6 weekly therapeutic Group Support sessions, led by Dr. Rose Mary Shaw, Psy. D. and Stress Management sessions, led by Gail Lichtenfels and Jean Farkas, yoga instructors.

Wednesdays, beginning Feb. 22, 6-8 pm.

Celebration on Saturday, April 1 (no fooling)! 12-2 pm includes pot luck lunch, progress reports, and planning for the future.

Cost: \$495 with early registration by February 1 or \$525 after that date. Receive over 28 hours of instruction.

Who should attend?

Those at risk for disabling or life-threatening heart issues or those simply wanting to lead a *Life in Balance*. Participants will leave with an individual blue print for a *Mindfully Well Heart* 

If you feel you are at risk for heart issues, please see your physician. This program is meant to enhance, not replace your recommended treatment.

