Mindfulness

 Mindfulness is the moment-by-moment process of actively

and openly observing one's physical, mental and emotional experiences.

Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

Classes include mindful movement, breathing exercises, discussion and body scan.

Wednesdays, September 13 – October 18, 2017

9:00am -10:45 am

Open to parents of children with special needs

who are interested in learning how to decrease stress, increase ease in coping with challenging situations,

and to 'live more presently' in daily life

 No cost to participate but you must register to attend.

Contact Ginger Stringer at gstringer@tre.org or call (719) 380-1100

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