

**Enroll**  
**HERE!**

# Mindfulness: Developing a Practice

This session provides participants an opportunity to develop a mindfulness practice. Utilizing sound therapy to explore its benefits for stress reduction, emotional balance, and overall well-being through an experiential approach. Our objectives include:

- Reinforce the principles and benefits of mindfulness as a recurring relaxation practice.
- Guide participants through an experiential sound meditation to foster relaxation and mental clarity.
- Help participants recognize how mindful meditation can alleviate stress, prevent burnout, and enhance emotional well-being.

- **Date: 2/5/25**
- **Time: 10:00 - 11:00 am**
- **Location: Zoom**
- **Headphones are recommended for the best listening experience**



## **Lydia Czech, Wellness Director**

Lydia Czech is the Director of the Montana Public Health Training Center's Worksite Wellness Program. She holds a bachelor's in Health and Human Performance from the

University of Montana, with a focus in Community Health, along with certifications in Health Behavior Coaching, Worksite Wellness (National Wellness Institute), and Sound Therapy (Level 3, Himalayan Singing Bowls). As an Accredited Meditation Practitioner, Lydia brings a passion for guiding health professionals in mindful wellness practices that support long-term health and resilience.

This learning opportunity is funded  
by  
**MT DPHHS**  
**Behavioral Health and**  
**Developmental Disabilities**

