

Enroll
HERE!

Practicing Mindful Meditation through Sound

This session introduces participants to sound meditation as a mindfulness practice, exploring its benefits for stress reduction, emotional balance, and overall well-being through an experiential approach. Our objectives include:

- Explain the principles and benefits of mindfulness as a 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.
- Foster a sense of calm and mindfulness during the session to highlight the immediate effects of the practice.

- **Date/Time:**

12/18/24 - 10:00 am

- **Location: Zoom**



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.

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