

Monthly meditations

Join us on the first Tuesday of every month, from 6-7PM at The HeartWell Institute for FREE stress-reduction meditation practice. Each month has a theme:

January: Breathing in the new year
February: Compassion for ourselves and others
March: Connecting with body and breath through mindful movement
April: Creative expression
May: Stress reduction
June: Wellbeing and joy

We invite you to dress comfortably and bring socks and a journal.
There will be opportunities for meditation practice, reflective writing, and sharing.

1015 Pleasant St., Worcester, MA 01602

Parking behind building: 10 Biltmore Rd. in GPS

<https://www.heartwellinstitute.org/freestressreductionmeditationsandevents>



Monthly
STRESS REDUCTION
with Emily Marsick
THE 1ST TUESDAY OF EVERY MONTH
6-7PM
FREE at the HeartWell Institute

JANUARY:
BREATHING IN THE NEW YEAR
FEBRUARY:
COMPASSION FOR OURSELVES AND OTHERS
MARCH:
CONNECTING WITH BODY AND BREATH
THROUGH MINDFUL MOVEMENT
APRIL:
CREATIVE EXPRESSION
MAY:
STRESS REDUCTION
JUNE:
WELLBEING AND JOY



 **THE HEARTWELL INSTITUTE**
1015 PLEASANT ST. WORCESTER, MA | (774)243-6800 | INFO@HEARTWELLINSTITUTE.ORG

Weekly Meditations

- Class 1

Community Stress Reduction Meditation - (English Session) Every Thursday/Jueves. 11:00 AM - 12:00 PM (EST)

- Class 2

Movimientos Suaves para la Reducción del Estrés en Español (Spanish Session) - Every Saturday/Sábado. 11:00 AM - 12:00 PM (EST)

- Class 3

Meditación para la Reducción del Estrés en Español (Spanish Session) - Every Wednesday/Miércoles. 7:45PM - 8:45 PM (EST)

- Class 4

Meditación para la Reducción del Estrés en Español (Spanish Session) - Every Sunday/Domingo. 9:30 AM - 10:00 AM (EST)

All classes online <https://zoom.us/j/8705839068>

<https://www.heartwellinstitute.org/freestressreductionmeditationsandevents>

FREE WEEKLY STRESS-REDUCTION SESSIONS
in the palm of your hand
with The HeartWell Institute

PRÁCTICA DE MEDITACIÓN MINDFULNESS (ATENCIÓN PLENA) EN ESPAÑOL (SPANISH SESSION)	COMMUNITY MINDFULNESS MEDITATION (ENGLISH SESSION)	MOVIMIENTOS SUAVES CON ATENCIÓN PLENA - EN ESPAÑOL (SPANISH SESSION)	PRÁCTICA DE MEDITACIÓN MINDFULNESS (ATENCIÓN PLENA) EN ESPAÑOL (SPANISH SESSION)
Every Wednesday/ Miércoles 7:45 PM - 8:45 PM (EST)	Every Thursday/ Jueves 11:00 AM - 12:00 PM (EST)	Every Saturday/ Sábado 11:00 AM - 12:00 PM (EST)	Every Sunday/ Domingo 9:30 AM - 10:00 AM (EST)

All meditations are held on Zoom

Sign up on our Website!

<https://www.heartwellinstitute.org/>
774-243-6800

info@heartwellinstitute.org
@theheartwellinstitute

Monthly Cultural Reflection

Reflexión Cultural Mensual

(Sesión de español en línea - primer Miércoles de cada mes)

El Instituto HeartWell da la bienvenida a Mabel Hernández y Bruno Unna, como invitados especiales el 4 de enero a la Reflexión Cultural Mensual.

Mabel Hernández y Bruno Unna compartirán sobre las aventuras y desventuras de una familia mexicana en su doble migración. La Reflexión Cultural Mensual es gratis y en línea, el primer miércoles de cada mes, 6:00 - 7:30 PM (Hora de Boston).

Para ser parte del WhatsApp del Instituto HeartWell por favor envíe su correo electrónico y teléfono con el indicativo del país al Profesor juan.carreon@gmail.com

Por favor regrese pronto para el anuncio de nuestro invitado en Enero.



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Invitación a la Reflexión Cultural Mensual con Mabel Hernández y Bruno Unna
You are invited to our Monthly Cultural Reflections with Mabel Hernández and Bruno Unna

Aventuras y Desventuras de una Familia Mexicana en su Doble Migración

Adventures and Misadventures of a Mexican Family in their Double Migration

Gratis en línea, miércoles 4 Enero, 6:00 - 7:30, Hora de Boston

Free, online, Wednesday, January 4, 6:00 - 7:30 PM EST

Enlace (link) Zoom: <https://zoom.us/j/8705839068>

DAMOS UNA CALUROSA BIENVENIDA A NUESTROS INVITADOS ESPECIALES
WE GIVE A WARM WELCOME TO OUR SPECIAL GUESTS

DOCTORA MABEL HERNÁNDEZ

INGENIERO BRUNO UNNA



<https://www.heartwellinstitute.org/freestressreductionmeditationsandevents>

Mindfulness-Based Stress Reduction (English)

Mindfulness-Based Stress Reduction (MBSR)

The 8-week stress reduction program is based on intensive training in mindfulness. It was initially targeted to individuals with chronic health problems, helping them to cope with the effects of pain and illness, and the impact of these conditions on their lives. Today MBSR is taught to people throughout the world who are experiencing challenges in all areas of life.

Orientation Session - January 18, 6:00 pm - 7:30 pm EST - ONLINE

Course Dates

6:00 pm - 8:30 pm EST

Wednesday, January 25

Wednesday, February 01, 08, 15, 22

Wednesday, March 01, 08, 15

Day Long Retreat - February 25, 10:00 am - 5:00 pm EST

(26 CE Credits Available. This program is offered online.)

About the Instructor

Carolina Bautista-Velez is a Latinx social changer who believes in the power of individual and collective liberation. Through her work as a Certified Mindfulness Teacher, Certified Professional Coach, and Diversity & Trauma Informed Consultant, Carolina works with individuals, groups and organizations by co-creating spaces where her clients can focus on learning sustainable tools to navigate stress, societal conditioning, goals, life/work balance and difficulties.

Carolina is the founder of Cvelez Consulting & Metamorphosis-Coaching. She holds a degree in clinical psychology with a specialization in social psychology and psychoanalysis. Certified Mindful Self-Compassion (MSC) and Mindfulness Based Stress Reduction (MBSR) Teacher by the University of California San Diego. Certified in the Mindfulness Teacher Certification Program (MMTCP).

<https://www.heartwellinstitute.org/23engmbsrfall>

Mindfulness-Based Stress Reduction

with



THE HEARTWELL INSTITUTE

Fostering collective healing, one person at a time.
Promoviendo la sanación colectiva, una persona a la vez.

The Benefits

- Learn to integrate mindfulness practices in everyday life.
- Approach life with composure, energy, understanding and enthusiasm.
- Cope more effectively with stressful situations.
- Enhance your ability to manage pain levels.
- Improve focus and capacity to recover quickly from challenging events.

Mindfulness-Based Stress Reduction (MBSR) English Session - Online

8-Week Course
January 25 - March 15
6:00 pm - 8:30 pm

Includes a pre-course orientation
and an all day retreat



SCAN TO REGISTER
FOR THE ENGLISH
COURSE



ESCANEAR PARA
INSCRIBIRSE EN EL
CURSO EN ESPAÑOL

JOIN THE FREE ORIENTATIONS
UNIRSE A LAS ORIENTACIONES GRATUITAS
ZOOM ID: [HTTPS://ZOOM.US/J/8705839068](https://zoom.us/j/8705839068)

Programa de Reducción del Estrés Basado en Mindfulness Sesión en Español - En Línea

Programa de 8 semanas
6 de Abril - 25 de Mayo,
18:00 h. - 20:30 (hora de Boston)

Orientaciones previas al curso:
30 de Marzo
18:00 h. a las 19:30 (hora de Boston)
Retiro de un día: Sábado 6 de Mayo



With
Carolina Bautista-Velez

Carolina Bautista-Velez is a Latinx social changer who believes in the power of individual and collective liberation. She is a certified MBSR instructor and holds a degree in clinical psychology with a specialization in social psychology and psychoanalysis.

CONTACT US



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Mindfulness-Based Stress Reduction (Spanish)

Programa de Reducción de Estrés Basado en Mindfulness (MBSR)

Enmarcado en el contexto de la medicina cuerpo/mente integrativa, el programa de Reducción de Estrés Basado en Mindfulness o MBSR (Mindfulness Based Stress Reduction) es una intervención científicamente validada para prevenir y enfrentar los síntomas de estrés y ansiedad mediante el desarrollo de habilidades mindfulness o de atención plena. El MBSR, terapia de tercera generación, se inspira en las prácticas de tradición meditativa vinculadas con el mindfulness y en los adelantos de la psicología moderna.

EN LINEA Sesión de Orientación

Sesión de Orientación 30 Marzo, 6:00 pm - 7:30 pm, hora de Boston

Fechas del Curso

6:00 pm - 8:30 pm hora de Boston

Jueves: 6, 13, 20, 27 de Abril

Jueves: 4, 11, 18, 25 de Mayo

Día de Retiro: Sábado, 06 de Mayo

Sobre el Instructor

Carolina Bautista-Vélez es la fundadora de CVelez Consulting & Metamorphosis-Coaching. Es licenciada en psicología clínica con especialización en psicología social y psicoanálisis. Profesora certificada en Mindful Self-Compassion (MSC) y Mindfulness Based Stress Reduction (MBSR) por la Universidad de California en San Diego. Certificada en el Programa de Certificación de Profesores de Mindfulness (MMTCP).

Carolina es una transformadora social latinx que cree en el poder de la liberación individual y colectiva. Carolina trabaja con individuos, grupos y organizaciones mediante la creación conjunta de espacios donde sus clientes pueden enfocarse en aprender herramientas sostenibles para navegar el estrés, el condicionamiento social, las metas y las dificultades equilibrio vida/trabajo.

<https://www.heartwellinstitute.org/mbsrspanish>

Reducción del Estrés Basado en Mindfulness

con



THE HEARTWELL INSTITUTE

Fostering collective healing, one person at a time.
Promoviendo la sanación colectiva, una persona a la vez.

Los Beneficios

- Aprenda a integrar la práctica de la atención plena en su vida cotidiana.
- Enfrentáte a la vida con compostura, energía, comprensión y entusiasmo.
- Relaciónate con las situaciones estresantes en tu vida con más efectividad.
- Mejora la habilidad de manejar el dolor crónico. Mejora la capacidad de concentrarte y de recuperarte rápidamente de eventos difíciles.

Mindfulness-Based Stress Reduction (MBSR) English Session - Online

8-Week Course

January 25 - March 15
6:00 pm - 8:30 pm

Pre-Course Orientations

January 18
6:00 pm - 7:30 pm (EST)
All-Day Retreat: February 25



← SCAN TO REGISTER
FOR THE ENGLISH
COURSE



← ESCANEAR PARA
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Con
Carolina Bautista-Velez

Carolina Bautista-Velez es licenciada en psicología clínica con especialización en psicología social y psicoanálisis. Carolina es una transformadora social latinx que cree en el poder de la liberación individual y colectiva. Profesora certificada en Mindful Self-Compassion (MSC) y Mindfulness Based Stress Reduction (MBSR) por la Universidad de California en San Diego.

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Mindfulness as a Catalyst for Equity and Collective Healing

Mindfulness as a Catalyst for Equity and Collective Healing

Mindfulness as a Catalyst for Equity and Collective Healing strives to inspire individuals to become agents for social change by using trauma-informed relational mindfulness practices infused by frameworks of psychosocial and cultural competency. The foundational pillars of this program are grounded in fostering trust, safety, acceptance, and compassion to facilitate a transformational journey with life-long personal, interpersonal, social, and global impact.

Course Dates

8:30 am - 4:00 pm EST

Friday, April 28

Friday, May 05, 12, 19, 26

(32.5 CE Credits Available)

ARE YOU ON THE BRINK OF BURNOUT? LOOKING TO HIT THE RESET BUTTON?

The HeartWell Institute invites you to partake in our one-of-a-kind course,

Mindfulness as a Catalyst for Equity & Collective Healing

Mindfulness as a Catalyst for Equity and Collective Healing, a five-day program, strives to inspire individuals to become agents for social change by using trauma-informed relational mindfulness practices infused by frameworks of psychosocial and cultural competency. The foundational pillars of this program are grounded in fostering trust, acceptance, and compassion to facilitate a transformational journey with life-long personal, interpersonal, social, and global impact.

This Program is for You if...

- You're tired of the state of the world
- You always feel drained
- You want to be a better ally
- You need help filling your own cup
- You want to help healing from racial trauma
- You're looking to better support yourself, staff, & clients



Course Dates
8:30 am - 4:00 pm EST
Friday, April 28
Friday, May 05, 12, 19, 26



at The HeartWell Institute
1015 Pleasant St., Worcester, MA 01602
For parking: Enter 10 Biltmore Rd. in GPS



Individual Rate: \$360



32.5 CEUs provided
upon completion

Scan to
Learn
more!



Come learn how to be aware of your inner world and become an agent of change.

For More Info:



774-243-6800



www.heartwellinstitute.org



info@heartwellinstitute.org

<https://www.heartwellinstitute.org/mindfulness-as-a-catalyst>

