



Weekly Mindful Living Group



Mindfulness benefits include:

Boosts mood

Enhanced self-acceptance

Improves memory

Stress relief

Strengthens immune system

Develops social connection

Anxiety reduction

Greater focus

Reduces blood pressure, PMS & IBS symptoms

Each weekly mindfulness session will include:

- * Introduction and discussion of new mindfulness skill
 - * 20-30 minute practice
 - * Mindfulness exercise for the upcoming week
- * Review of previous week's exercise experiences

Learn and practice

Sitting meditation

Mindful walking

Body scan

Breathing exercises

Mindful creativity

Listening mindfully

**Group begins March, 2015. Contact Jessica Starr for more information
or to register.**