



Mindfulness Cultivating Inner Peace, Joy and Equanimity

Thursdays, April 17 – June 5, 2014
5:30 – 7:30 PM

During this program Mary will present a mind-body approach merging clinically-proven interventions from her certifications in the Mindfulness Based Relapse Prevention Program (MBRP), Integrative Restoration Institute (iRest) Yoga Nidra/Meditation Instructor and from participating in the Mindfulness-Based Stress Reduction Program (MBSR): Living the Full Catastrophe program. The Mindfulness practices and tools learned will cultivate your attention to live life more fully, you'll find yourself reclaiming precious moments that normally go without notice. Learn and practice how to be less impulsive, compulsive, more spontaneous and alive!

You will learn to practice mindfulness meditation, mindful movement, and participate in cognitive-exercises. These practices help in developing strategies for dealing with challenging situations that ultimately will lead to more positive and healthier responses when otherwise such challenges may trigger pessimistic and unhealthy reactions. Participants are encouraged to fully engage themselves during the eight weeks. Home work suggestions will be presented weekly for daily practice. Participants will receive an audio CD for daily meditation of 10 – 20 minutes each.

Why use a mind/body approach?

- Mind-body approaches recognize our innate healing abilities
- Illness (physical and mental distress) provides some people with an opportunity for personal growth and transformation
- Mindfulness meditation and yoga/mindful movement, address lifestyle imbalances while deepening and strengthening *overall* global coping strategies.

What is Cognitive Therapy (CT)?

- A cognitive-behavioral approach assumes impulsiveness, compulsions, and negative emotional behaviors are learned behaviors
- CT exercises focus on gaining more clarity of
 - triggers that induce stress; urges, cravings, interpersonal conflict, social pressure, and negative emotional states
 - cognitive-behavioral skills training for successful change in thoughts, feelings, and behavior

Mindfulness ...

- develops a spacious awareness of the present moment
- develop a curious, non-judgmental, acceptance of whatever one is experiencing moment to moment
- develops an awareness of the transient nature of internal experience and allows us to release the need to control what comes next
- grows one's capacity to see that being with the moment frees up rigid attitudes, cognitions, behaviors, and lowers reactivity and stress
- cultivates letting go of desired outcome to more easily tolerate pain without the need to avoid or fix it.
- helps you recognize not to take things personally

Clients who complete similar Mindfulness Based programs report

1. Decreased physical and psychological symptoms
2. Improved self-esteem
3. Greater enthusiasm for life
4. Greater energy
5. Improved pain levels or coping with chronic pain
6. 94% report knowing how to take better care of themselves than before the program
7. 93% report being better able to handle stressful situations following the program
8. 83% of participants have made healthy lifestyle changes
9. 97% of those who complete the program state that they have drawn something of lasting value from it

Program Fee: \$215 pp - 8 classes (2 hours/each) – Includes home study material and audio CD. Space limited to 10 participants. To reserve a space full or ½ payment is required (balance due 10 days prior to the start of the program).

Anonymous Testimonials:

“The tools learned in this program have changed my impulsiveness greatly and I handle stressful situations better. I will use the practices in the future to ultimately overcome my urges and cravings.”

“It is valuable to have awareness!” I have been thinking before acting and have been able to notice situations that could turn bad.”

“I started to stop and think about what I'm doing more and I'm more aware of my surroundings. I really enjoyed the meditations and am happy that I have a home practice CD to continue.”

“Meditation has helped relieve stress and I sleep better. Learning about mind states, sleep benefits and stages of sleep was really interesting and valuable.”

“Most valuable to me was the fact that I learned techniques to learn how to realize and use self-control! I am more aware of even the simplest of activities and the sensations experienced.”

“I learned how to be comfortable and still, aware of myself, my surroundings and my responses to all situations. I have learned to stop and slow down my impulsive reactions, words and actions.”

“I learned how to stay calm in difficult situations. This holistic approach helps the mind, body and spirit grow.”

“I’m more aware! I feel more at peace with myself and how I deal with others.”

“Mary was an excellent and open instructor. She put me at ease, where I was able to explore ideas and talk openly about my fears.” “Mary, thank you for helping others. The passion you have shows.”

“I have struggled with anger issues for years and this has given me the chance to not be so critical.”