

MINDFULNESS LIVING

THE PATH TO WHOLENESS



the benefits you will receive:

- How to practice meditation (the formal practice of mindfulness)
- How to practice mindfulness in daily life (the informal practice of mindfulness)
 - The 9 Foundations of Mindful Living
 - How to work skilfully with difficult emotions and thoughts
 - 7 strategies to integrate mindfulness into a busy or stressful life
- The 3 most common beginner mistakes (and how not to make them)
 - How to move out of stress and into calm in under 60 seconds
 - How to shift from autopilot living into conscious living
 - How to break through limiting beliefs and mind patterns using Mindfulness-based Cognitive Behavioural Therapy (MCBT) principles.
 - How to overcome addictive behaviour
- Powerful methods to help you respond rather than react in order to make wiser choices that reflect your "ideal self"
- Experience the wisdom of your body and mind to illicit physical, emotional, and spiritual healing and to experience innate peace

Course Tuition: \$488 + hst - Includes all Guided Meditations & 'home practice' experiences
Course Workbook (optional/recommended) \$30

For more information please contact Dorothy Ratusny
www.dorothy ratusny.com

COURSE BEGINS: APRIL 5TH 7-9PM
FOR 8 CONSECUTIVE WEDNESDAYS

@serendipitous lyfe yoga in richmond hill