

# **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](http://www.dorothy ratusny.com)

COURSE BEGINS: APRIL 26TH 7-9PM  
FOR 8 CONSECUTIVE WEDNESDAYS  
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