

MINDFULNESS LIVING

MAKING THE 8 WEEK TRANSFORMATION

Course begins: September 26th 7-9pm
for 8 consecutive Tuesdays



@serendipitious lyfe yoga richmond hill

THE BENEFITS THAT 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 8 Foundations of Mindful Living
 - How to work skillfully 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
- Learn mindfulness-based cognitive therapy (MBCT) which combines elements from mindfulness-based stress reduction (MBSR) and cognitive behavioral therapy (CBT)
 - How to work skillfully with addictive behaviour
- Powerful methods to help you respond rather than react and make wiser choices
- Experience the wisdom of your body and mind to illicit healing and innate peace

Course Tuition: \$488 + hst - Includes all Guided Meditations, experiential practices and teachings, and guidance for home practice Course Workbook (suggested) \$30

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