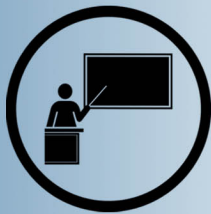


Join the REVOLUTION !

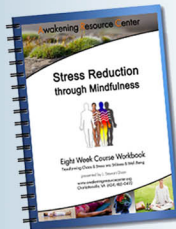


Mindfulness Course 8 WEEK

- Stress Reduction
- Job Focus
- Productivity
- Wellbeing
- Resiliency
- Awareness
- Communication
- Happiness



20 Hours Training



Course Workbook



Audio/Video Materials



1/2 Day Retreat

Mindfulness is a scientifically researched and proven method for reducing stress, managing pain, increasing focus, regulating emotions, and increasing one's sense of wellbeing and happiness. Mindfulness is taught through a variety of guided awareness exercises which include body relaxation, breathing, stretching and movement. You will learn how to apply mindfulness and awareness throughout the moments, minutes and hours of your day. This is a non-denominational course. Mindfulness can be used in conjunction with any healing modality, therapy or belief system. No previous training is required.

8 Week Course Place/Times:

Place:

Address:

Dates/Times:

Retreat Date: TBA



Registration & Payment:

Cost: Early \$395, 2 Weeks Prior \$445

Register at: www.awakeningresourcecenter.org

(434) 485-0492

