



Harrisonburg, VA

Mindfulness Course 8 WEEK

AwakeningResourceCenter.org

<input checked="" type="checkbox"/> Stress Reduction	<input checked="" type="checkbox"/> Job Focus	<input checked="" type="checkbox"/> Productivity	<input checked="" type="checkbox"/> Wellbeing
<input checked="" type="checkbox"/> Resiliency	<input checked="" type="checkbox"/> Awareness	<input checked="" type="checkbox"/> Communication	<input checked="" type="checkbox"/> Happiness
 20 Hours Training	 Course Workbook	 Audio/Video Materials	 1/2 Day Retreat



April / May
Mondays
7:15-9:30pm

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.

The Mindful Program:

The Center / 70 N. Mason St. #10
Harrisonburg, VA 22802
Mondays / 7:15-9:30pm / April 7,14,21,28 May 5,12,19,26
Retreat Date: TBA

Registration & Payment:

Cost: Early \$395 / 1 Week Prior \$425
Register at: www.awakeningresourcecenter.org/registration
(434) 485-0492



**Join the
REVOLUTION!**





By registering you agree to the following practical guidelines:

- Put goal attainment on hold, and approach mindfulness practice with an attitude of kindness, compassion, gentleness, openness and inquisitiveness.
- Take care of ourselves during relaxation and movement exercises. It is very important to respect our bodies, to treat ourselves with kindness, and not to force ourselves if something doesn't feel right. It is important to modify or refrain from postures that would not be appropriate for us at a particular time.
- Arrive on Time. It is important that we do our best to arrive on time for each meeting at or before: 7:15pm
- Maintain confidentiality – To foster trust within the group and to provide a safe and open environment, it is essential that we keep confidential all personal stories and experiences that are shared.
- Include our primary care physician and other professionals involved in caring for us. Although many people report a decrease in pain and/or anxiety as a result of taking the The Mindful Program, it is important to talk with our personal primary care doctor to make sure the exercises are appropriate, about any changes in our condition, and to obtain professional advice from our personal doctor before changing any medications.
- Try to commit to formal mindfulness/relaxation practice 30 minutes daily 5 days per week for the next 8 weeks. This commitment can be a challenging one, and may require a lifestyle change. Once we taste the benefits of mindfulness practice, maintaining a daily practice may become a bit easier, but especially when beginning our practice, making a commitment is essential.
- Try to practice mindfulness in daily living (informal mindfulness practice). We have the opportunity to bring mindfulness to eating, walking, and during all of our activities and interpersonal relationships, at any time throughout the day.



By registering you agree to the following waiver of liability & disclaimer

Waiver of Liability

I the undersigned, hereby acknowledge that certain risks of injury are inherent to my participation in the ARC Mindful Program. Injuries can occur which may be minor or serious and may result from my actions, the actions of others, or a combination of both. I hereby attest that I am fit to participate in this course and I do hereby hold harmless and release, Awakening Resource Center, LLC, Awakening Resources, and /or Jeff Stewart Dixon from any and all actions, causes of actions, claims and demands, damages, loss of services, expenses and compensation on account of or in any way growing out of and all known and unknown injuries or any other damage resulting from any injuries or losses I may sustain as a result of my voluntary participation in this ARC Eight Week Course. I have read and understand the above Waiver of Liability in its entirety and hereby agree to this Waiver of Liability regarding my participation in this program.

ARC Disclaimer

Client agrees to Disclaimer by accepting and signing below.. Awakening Resources Center offers information, programs, workshops, and services to enhance awareness of mindfulness practices and ways in which mindfulness-based practices can be incorporated into one's daily life, working environment and business or corporation. The bulk of the ARC content, programs, and course offerings were/are created by founder Jeff Stewart Dixon who draws on twenty five years of practical, experiential and theoretical mindfulness and meditation education and practice from a wide variety of teachers and teachings.

For Individuals: The services offered and rendered are not medical treatment or psychological or psychiatric therapy, and is not facilitated by a medical professional.

For businesses or corporations: ARC services offered and rendered are not guaranteed to improve profitability, public relations, market placement or basic daily operation, all of which are dependant upon a wide variety of elements beyond the single scope of an ARC program.

For all Participants: The ARC goal is for everyone who participates in our programs to succeed. However, certain factors can interfere with a participant's success. Please consider an individual interview with the class instructor if any of the following factors are concerns for you, your participants, or company: anger, severe depression, suicidal thoughts, a serious medical or psychological condition, previous psychiatric hospitalization, and/or excessive use of alcohol and/or recreational drugs.

Always consult with your doctor or therapist before participating in an ARC program. Consulting your doctor is especially important if you take any form of prescription medicine or you have a pre-existing condition.



Taught Here:

An eight week course integrating awareness, thought, emotion and body, creating a healthier, happier and more mindful you.

www.awakeningresourcecenter.org