



# **Morning Mindfulness Meditation**

with Maureen

**A 4 Week Course**

**Tuesdays - June 15 - July 6**

**7 - 8 am**

**\$79 (pre-register, limited enrollment)**

## **What is Mindfulness?**

**Mindfulness is the natural capacity for becoming aware of what is happening in our lives. Becoming mindful of our bodies, thoughts, and feelings allows us to cultivate clarity into how to heal and transform our mind, body and relationships. Through practices that develop this capacity, we can gain direct insight into both how stress and suffering manifest in our lives and how to bring about balance and peace of mind no matter what our circumstance.**

## **What To Expect?**

**This four week introduction to mindfulness meditation draws from a range of theories and practices, East and West. Learning how to cultivate insight into our habits and patterns of living will engender happiness and well-being.**

**Learn to live with yourself - and with others - in a peaceful, loving way.**