



Mindful Living Workshop

Join us for a series of evenings designed to help you discover new ways to relieve stress and find peace. As part of the stress reduction training, there will be guided practices of mindfulness to increase your ability to be mindful of daily activities.

- * Research indicates mindfulness improves both physical and emotional health, and can help individuals cope with difficult life situations.

A six-week series, meeting Thursday evenings from 7:00 to 8:00pm

Session Dates:

Week 1: May 17
Week 2: May 24
Week 3: May 31
Week 4: June 7
Week 5: June 14
Week 6: June 21

Cost: \$50 total for all six sessions, pay before first session, insurance not accepted, no refunds for missed sessions

Space is limited. Pre-registration and payment are required by May 16th.

Call Donna @ 630-752-9750 x10



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Mindful Living Workshop Outline

Week 1: May 17

- Belly and dynamic breathing skills
- Body scan meditation
- Research Topics: Introduction to Mindfulness and general benefits

Week 2: May 24

- Practice – Progressive muscle relaxation
- Practice – Breath and body meditation

Week 3: May 31

- Guided imagery and mindful eating skills
- Labeling feelings meditation
- Research Topics: Imagery, eating, sleeping, and feelings

Week 4: June 7

- Practice – Mountain meditation
- Practice – Exploring difficulty

Week 5: June 14

- Walking meditation and Gathas skills
- Labeling thoughts meditation
- Research Topics: Relaxation, worry, and thoughts

Week 6: June 21

- Practice – Acceptance of thoughts and feelings
- Practice – Lake meditation