



# 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 open, flexible, and engaged throughout your 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 Monday evenings from 6:00 to 7:00pm**

## Session Dates:

**Week 1: Oct. 28**  
**Week 2: Nov. 4**  
**Week 3: Nov. 11**  
**Week 4: Nov. 18**  
**Week 5: Dec. 2**  
**Week 6: Dec. 9**

**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 Oct. 27th.**

Call Donna @ 630-752-9750 x10



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## Mindful Living Workshop Outline

### **Week 1: Oct. 28**

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

### **Week 2: Nov. 4**

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

### **Week 3: Nov. 11**

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

### **Week 4: Nov. 18**

- Practice – Mountain meditation
- Practice – Exploring difficulty

### **Week 5: Dec. 2**

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

### **Week 6: Dec. 9**

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