

April 16, 2016 –
The 27th Annual Southern California Postgraduate Pediatric Conference
Advances in Pediatrics 2016

Begin the day with "Mindfulness in the Morning"

Participants will be guided through a series of simple tai chi warm-up exercises before practicing a 20-25 minute guided mindfulness meditation. Time will be allowed at the end for a brief Q & A and sharing of reflections about the practices. The tai chi warm-up and gentle stretches are designed to increase awareness of and sensitivity to energy flow in the body, reduce tension, and rejuvenate the mind - body. Tai chi has been shown to reduce stress, as well as increase strength, flexibility and balance.

Similarly to Tai Chi, mindfulness also helps to restore the mind-body connection. Mindfulness is paying attention to the present moment in a particular way, on purpose; non-judgmentally and with kindness.. It means being with what is (e.g. a thought, a feeling, a sensation in the body) and seeing it clearly, whether it is pleasant, unpleasant, or neutral. Mindfulness practices that re-align the mind and the body are correlated with elevated levels of happiness, well-being and health.

In our day to day lives, we often engage the intellect at the expense of simply being in awareness with ourselves, without an overlay of judgment, fear, worry, regret, or comparisons with others. We are often full of striving, which causes emotional and mental stress and fatigue. Practicing mindfulness is a way of letting go of judgment and striving and dropping into just being in the moment, no matter what the moment is, with an energy of friendliness, curiosity, and compassion. Although we don't practice mindfulness with the expectation that we will feel immediate ease, peace, contentment, and well-being, these experiences are often the by-product of practice.

Join us for this complimentary early morning session as a way to awaken the mind-body, and enhance the capacity for receptivity, clarity of mind, and embodied presence.

Pre-registration required.



Alisa Dennis, Ph.D. has had a meditation practice for 16 years. As a licensed clinical psychologist in private practice in the Los Angeles area, Alisa works with adults, children, families, and couples. You may read her Biography by clicking the link provided on the previous page.

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