Morning of Mindfulness

Do you sometimes feel more stressed than you want to?
Have you heard about mindfulness and want to learn more about it?
Are you interested in developing a mindfulness practice?

JOIN US!

For a mindfulness retreat/ class where you will:

- Understand what happens in your brain and body when you are experiencing stress.
- Understand the difference between reacting to stress and consciously responding to stress.
- Learn simple practices that will help to decrease your stress.
- Understand the concept of mindfulness and learn skills in how to be more mindful in every day life.
- Learn how to develop a regular mindfulness practice.
- Learn what resources exist to support your mindfulness practice.
- Experience a variety of mindfulness practices including practices that will strengthen the heart muscle and increase your capacity for love and compassion.

Date: Saturday, February 28th, 2015

Time: 9:30-12:30am

Location: Roseville Lutheran Church 1215 West Roselawn Ave, Roseville 55113. In the Lounge.

Cost: $50. This cost includes: the class, a CD of mindfulness practices and a healthy snack.

Please bring: a blanket or yoga mat for lying down practices.

Contact Jeannine Myrvik at 651-964-9632 to RSVP.

Presenter is Jeannine Myrvik, Licensed Clinical Social Worker. She is a psychotherapist who has been learning, teaching and practicing mindfulness for over 14 years.

