

MINDFULNESS IN ACTION

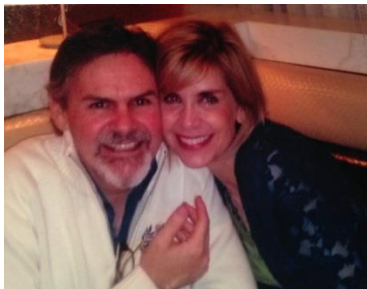
JOIN US ON A SATURDAY MORNING FOR A 2 HOUR MINDFULNESS EXPERIENCE: \$25/session

We can spend 97% of our life in a dialogue in our heads. Arguing, debating, defending, cajoling, negotiating – all in a closed, circular system between our ears. It is easy for many of us to come to our deathbed finale knowing there was something we missed. And we did.

Each Saturday, we will introduce you to different topics on Applied Mindfulness. You will have the opportunity to discover and enhance a way of walking on this planet that invites you to dance with the direct experience of your life and not a facsimile.

Being fully alive and fully present in the moment takes an intentional practice, and it is well worth the effort. Join us and change your relationship to your story.

Dates: March 28th, April 25th, May 30th -- 10am – Noon



Julie Bondy Roberts: Julie Bondy Roberts, M.A. is the founder of Coming Alive Career Coaching, LLC. She is a career coach, public speaker & educator with a certification in mindfulness training with Fleet Maul, PMI. She is 16 year veteran of mindfulness practice, and has led wellness groups at Fairbanks Hospital and The Wellness Community, supporting cancer patients. In addition, she has 16 years combined teaching experience as a college instructor at IU-Bloomington, Anderson University and as a corporate trainer.

Steve Roberts: Steve Roberts, LCSW, LMFT is Co-President of IGI and Director of The Foresight Group, an Indianapolis psychotherapy consortium. He has provided individual, couple, and group therapy and Gestalt therapy training in the Midwest for over 30 years. Steve has given workshops and lectures in Australia, Spain, and Slovenia and completed eleven years of training in Integrative Psychotherapy with Dr. Richard Erskine. Steve's present passion is in the integration of Gestalt and Buddhist psychologies.

Contact Steve Roberts at sjr1000@sbcglobal.net or 317-466-8775