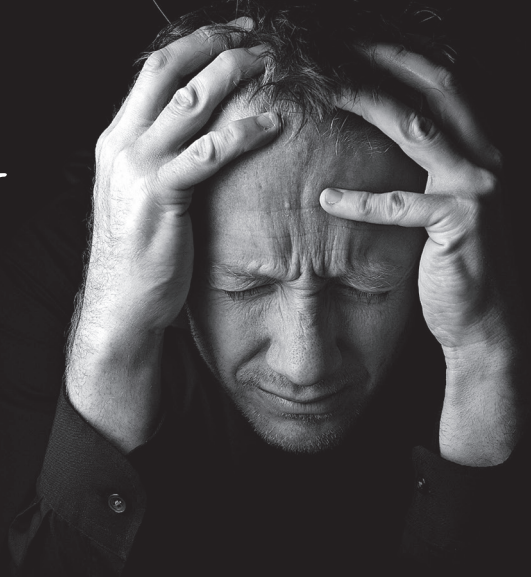


NAVIGATING ANXIETY & STRESS



THROUGH MINDFULNESS

with Andrew Safer, Mindfulness Instructor & Workshop Facilitator

IN THIS WORKSHOP SERIES, YOU WILL:

- begin to recognize habitual thought patterns that feed anxiety and stress, and learn how to disengage from them
- acquire tools that will help you stay grounded in the present, even under difficult circumstances
- see that you can make mindful choices, moment to moment, rather than operating on automatic pilot
- learn and practice mindfulness-awareness meditation and mindfulness-in-everyday-life practices that support healthy living

January 14 - March 4, 2015

"Mindfulness is paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is."

– Diana Winston, Mindful Awareness Research Center, UCLA

Does it seem like a car engine is always running in the background... you multitask, but you're always missing out on something important... you're nervous about the future... you're hemmed in by life's pressures, and there's never time to take a break?

Wednesday evenings, 7:00 - 9:30 pm

Cost: \$250 (Instalments are OK)

Please note: This is an educational program, not counselling

Registration deadline: Monday, January 12

To register: andrew@safermindfulness.com

Location: St. Thomas' Anglican Church - Canon Wood Hall, 8 Military Road

www.safermindfulness.com