

Deep Dive Into Mindfulness

Choose from two Zoom workshop series...Six weekly sessions

Mindfulness-Awareness

Being Present - Making Friends with Yourself - Negativity - Awareness - Mindfulness in Everyday Life - *Rumination - *Thoughts - *Emotions

Six-week program:

**Thursdays, April 21 - May 26,
7:00 to 8:30 pm NL;
5:30 to 7:00 pm EST, on Zoom**

Optional 3 sessions: June 2 - 16, same time
* Covered in optional 3 sessions

Anxiety, Stress & Mindfulness

Getting to Know Anxiety - Being Present & Everyday Mindfulness - Stress, Goodness - Upending Self-Sabotage - * Digital Distraction - *Rumination - *Fear & Fearlessness

Six-week program:

**Wednesdays, April 20 - May 25,
7:30 to 9:00 pm NL;
6:00 to 7:30 pm EST, on Zoom**

Optional 3 sessions: June 1 - 15, same time
* Covered in optional 3 sessions



ANDREW SAFER
of Safer Mindfulness has been a mindfulness practitioner for 53 years, an authorized instructor for 28 years, and is the author of *Anxiety, Stress & Mindfulness: A Do-It-Yourself Guide to Wellness*. You will receive a copy of this book!

Six-week programs \$170

(Includes copy of Anxiety, Stress & Mindfulness)

Optional 3 sessions \$85

(Discounts available for all programs)

“Practicing mindfulness is a good way of pulling me out of the past or future, which triggers anxiety, and back to the present moment, which I can cope with better.” –*Workshop Participant*

For more information and to Register:

<https://bit.ly/asmreg2022>

or email: andrew@safermindfulness.com

or call (709) 722-2716

www.safermindfulness.com

