

Feeling Stressed?

Live a more joyful life
through Mindfulness!

What is Mindfulness?

Mindfulness is being fully present in the moment and accepting it just as it is. It is learning practices that move us into awareness and away from habitual patterns that may be stressful, restrictive or non-productive. Thus, we open ourselves to choices, opportunities and wisdom that might not otherwise be available.

Riverwood offers

**Mindfulness Training –
Stabilizing the Mind**

Four-week Mindfulness Training: Stabilizing the Mind

Mindfulness fosters kindness and non-judgment of ourselves and others so we can begin to see and work with our pain, anxiety and stressors in a positive way bringing a sense of peacefulness and the ability to respond with wise compassion. The Mindfulness training teaches simple, accessible breathing, meditation and yoga practices to bring our awareness into the present moment.

Thursdays, September 29, October 6, 13 & 20
9:00 - 11:00 AM, October 13 (9 AM - 12 PM)

Where: Aitkin Public library

Fee: \$75 (includes manual and materials), OR \$40 for repeaters (to be paid in advance)

Registration: Call 218-927-5188. Instructor will call with more info.

Mindfulness Coach: *Julie Anne Larkin, MA, CHWC, participated in the Mindfulness-Based Stress Reduction program (MBSR) in 2004 and credits it for transforming her life. Subsequently, she studied mindfulness through many traditions. In 2009, Larkin participated in a Practicum on MBSR at the Center for Mindfulness at University of Massachusetts Medical School to complete her graduate studies in Holistic Health at St. Catherine University School of Health in St. Paul.*