

Free Introductions,
Guided Meditations
& Starter Kits

Organizational
Training Programs



Integral
Psychotherapy
& Life Coaching

BeMindful.org

Resources for living a more balanced, integrated and richly rewarding life.

Cultivating Mindful Relationships

Becoming fully yourself through relationship.

This engaging program integrates mindfulness practices with current research findings to guide participants in growing healthier and more rewarding relationships. This embodied understanding of both the art and the science of relating strengthens relationships with significant others, friends, family, co-workers, clients, customers



Saturdays, 9:30 am to 1:30 pm on June 30, July 14 and 28, and August 11 at the Earth & Spirit Center. **16 CEUs** for some mental health professionals.

Limited to 20 participants, the format is engaging and comfortable with plenty of time to address personal relationship concerns.

Facilitators: John Shealy, PhD, and Jordan Dye, MSW, are a married couple who together have over 45 years of experience practicing and teaching mindfulness. John is a licensed psychologist and Jordan, a certified social worker. Both are trained yoga instructors and live a healthy, balanced lifestyle. Questions... contact John at **John@BeMindful.org** or **502.727.2996**.

Visit our website for free guided meditations and starter kits and to learn about our **Organizational Mindfulness Training Programs; Integral Psychotherapy and Life Coaching; and Couple's Counseling.**

www.BeMindful.org