

Free guided meditations, intro classes & mindfulness starter kits

oneness abundance thank you forgive
healing HOPE SOUL blessings faith LOVE bliss
NOW zen PURPOSE connect gratitude
mindfulness intention TRUTH divine
PEACE family ACCEPT
kindness JOY guidance

BeMindful.org

Resources for living a more balanced, integrated & richly rewarding life.
Mindfulness Training Programs

Cultivating Healthy Relationships combines the core mindfulness practices of MBSR with interactive process, skills practice and engaging study materials. It's perfect for anyone seeking to strengthen their intimate relationship or prepare for one. It is open to individuals as well as couples, all genders and sexual orientation - anyone seeking a more balanced and enriching life. The format is engaging, intimate and limited to 10 participants. Cost is \$350 per person, **\$300 if paid before Aug 12**. Some partial scholarships are available.

• **Upcoming program:** Saturdays - Aug 26, Sept 16 & 30 at Supreme Peace Yoga & Wellness Studio.

Mindfulness-Based Stress Reduction: Core Skills is an intensive life enrichment program that combines comprehensive training in a variety of mindfulness meditation techniques with a host of mindful movement and healthy lifestyle practices. A common fruit of this training is a well-established, daily mindfulness practice. The format is experiential, interactive and limited to 20 participants. **20 CEUs** for some mental health professionals. Cost is on a sliding scale from \$500 to \$300 per person. Some partial scholarships are available.

• **Upcoming program:** Thursday evenings - Sept 21 through Nov 16, 6 – 8:30 pm at Earth & Spirit Center. Please join us for a **free intro** at Earth & Spirit Center on Sept 7 from 6 to 7:30 pm.

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, Jordan, a certified social worker. Both are trained yoga instructors and live a healthy, balanced lifestyle. The safe, peaceful space they hold for each other and for the group provides a container for establishing a daily meditation practice while promoting personal and relational growth. Contact info: **John@BeMindful.org** or **502 727 2996**.

Visit our **website** for more information or to register for either of these programs, locate our free introductory classes or download free guided meditations and mindfulness starter kits. You can also learn about **Corporate Mindfulness Training, Integral Psychotherapy & Life Coaching** and **Couple's Counseling**.

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