

Free Introductions,
Guided Meditations
& Starter Kits

Organizational
Training Programs



Mindfulness Based
Stress Reduction

Integral
Psychotherapy
& Life Coaching

BeMindful.org

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

Mindfulness-Based Stress Reduction 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.

• **Upcoming program:** Thursday mornings, **March 15 through May 10**, 9:30 am to noon at the Earth & Spirit Center on Newburg Road. **Free intro** on **March 1**, 9:30 to 11:00 am.

Cultivating Healthy Relationships is the perfect life-enrichment program for anyone seeking to strengthen their intimate relationship or prepare for one. It combines the core mindfulness practices of Mindfulness-Based Stress Reduction with interactive exercises, skills practice and engaging study materials on how healthy relationships work. It is open to individuals as well as couples, all genders and sexual orientations. The format is engaging, intimate and limited to 12 participants. **16 CEUs** for some mental health professionals.

• **Upcoming program:** Saturdays, 9:30-1:30, **June 30, July 14, 28** & August 11 at the Earth & Spirit Center.

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. The safe and calm space they hold for each other and for the group provides a container for establishing a daily meditation practice while promoting personal and relationship growth. Questions? Contact John at **John@BeMindful.org** or **502 727 2996**.

Visit our website for more information about this and other life-enrichment programs, to download free guided meditations and mindfulness starter kits, locate our free introductory classes and sign up for our monthly e-newsletter - **Meditation in Louisville**, and learn about **Organizational Mindfulness Training Programs, Integral Psychotherapy and Life Coaching, and Couple's Counseling**.

www.BeMindful.org