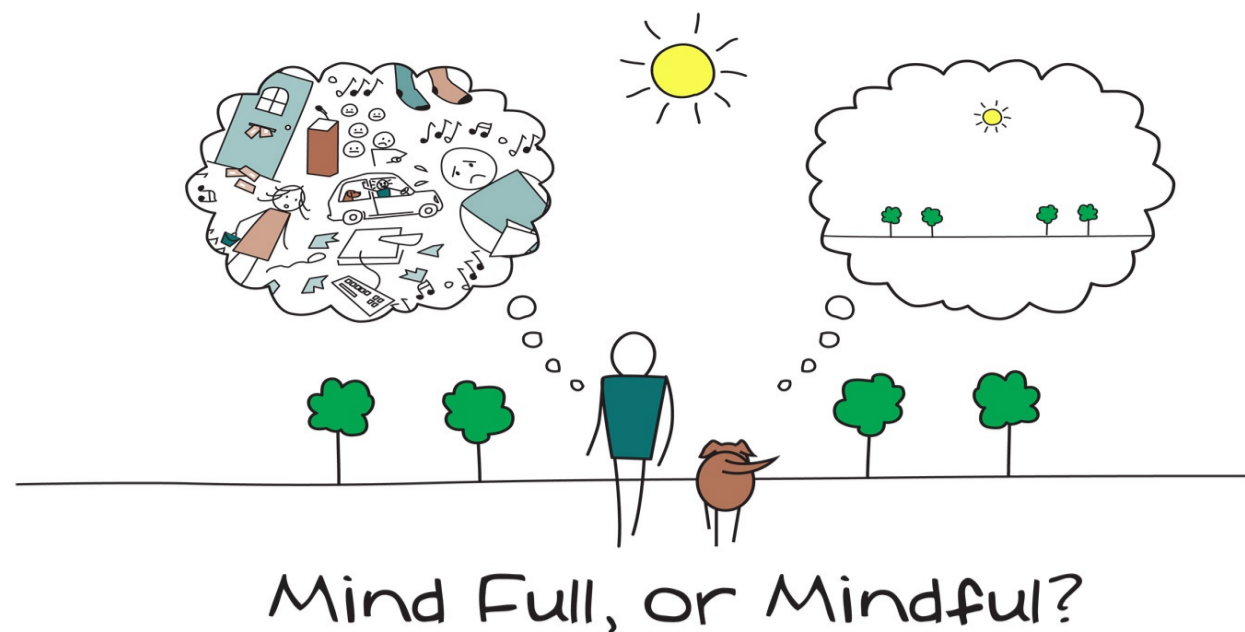


Mind Full, or Mindful?



Mind Full, or Mindful?

“MINDFULNESS MEDITATION & THE BODY”

When: Thursdays Sep 20th to Nov 22nd, 2018, 7:00 p.m. to 8:00 p.m. [no class Oct 11th & Nov 8th]

Where: Sunnybrook United Church, 12 Stanton Street, Red Deer

Cost: \$20 for the eight-week program

Wear: comfortable clothes for sitting

Teacher: Maxine Evans, M.Ed. Instructor at Red Deer College

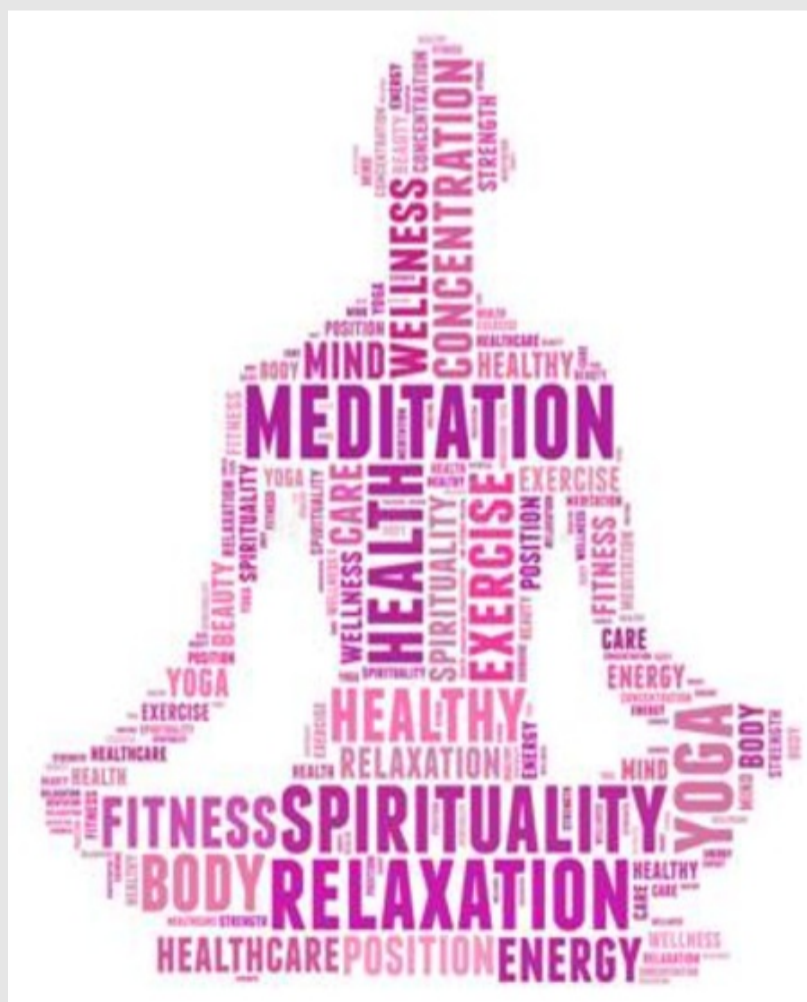
Coordinator: Brian at 403.302.9793 or macnairn@telus.net

To Register: contact Linda Bryant at 403.347.6073 or office@sunnybrookunited.org or Brian, as above

This meditation course is based on the secular eight-week program “Mindfulness Based Stress Reduction (MBSR)” created by Dr. Jon Kabat-Zinn. During this course, you will develop a daily practice which consists of formal and informal mindfulness. You will try out mindful eating and walking meditation, and learn how practices such as these can change the brain. Maxine will provide suggestions on how to set up a meditation space in your home. She also will provide resources (books, websites, videos) for you to look into to support your practice. **All new folk are encouraged and welcome**, as well as those who were part of previous MBSR programs offered by Maxine [new exercises will be offered], to refresh, refine, remind and reinvigor. **Please register as soon as possible and mark your calendar.**

Classes include:

- What is Mindfulness?
- ABC of Mindfulness
- Benefits of Mindfulness
- Simple Everyday Ways to Develop Kindness and Generosity
- Walking Meditation
- Loving-Kindness Meditation
- Eight Weeks of practice and guidance



Mindfulness meditation practice could not be simpler!
 Take a good seat, pay attention to the breath, and when your attention wanders, return. By following these simple steps you can get to know yourself up close and personal.
 - mindful.org

“Mindfulness meditation a ‘low tech’ tool for today’s stresses”
 - The Globe and Mail Sep 28, 2017

“Mindfulness isn’t difficult. We just need to remember, do it.”
 - Sharon Salzberg, Author

Maxine’s former students’ observations and comments: “Best \$20 I have ever spent” “An amazing experience” “Maxine is a fabulous teacher” “We are very fortunate to have this opportunity. “Thank you.” “Muchas Gracias :) This programme was amazing!” “I feel blessed and grateful for the class being offered at Sunnybrook.” “I enjoy this practice and find it very helpful in my life.” “A very valuable tool I am learning to use ... I would attend again ... I have recommended to others”.

