



MINDFULNESS & MEDITATION CLASS

DATES: Wednesdays – Sept 25, Oct 2, & 9 : Session One

- Nov 6- Dec 11: Session Two

TIME: 10:30 – 11:30 am

COST: FREE/Senior Center Member, \$10/Nonmember (one-time fee)

****IF YOU ARE UNDER THE AGE OF 60 AND WOULD LIKE TO TAKE THIS CLASS, YOU WILL BE NEED TO PAY THE
NONMEMBER PARTICIPATION FEE***

LOCATION: Lehi Senior Center

"Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally." -Jon Kabat-Zinn.

It's about, "changing your relationship with your thoughts and how you react to them". (Mindfulness Made Simple pg 11) We'll begin focused awareness practice by practicing anchoring at our breath then progressing with anchoring at our bodies and finally anchoring on our emotions. Some informal techniques will include the Andrew Weil 4-7-8 Breathing Technique, STOP strategy, RAIN strategy, and more. Expect to build your mindfulness practice from 5 to 20 minutes.