MINDFULNESS & MEDITATION CLASS

DATES: Wednesdays – January 8- February 13

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

REGISTRATION: Call 385-201-2349

"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.