



Mindfulness-based Stress Reduction Seminars

engaging the deep wisdom of body and mind to develop ongoing self-care, and to release stress and pain.

Mindfulness Meditation:

Building Resiliency for these Shifting Times

Engage the deep wisdom of body and mind to develop ongoing self-care and to release stress arising from concern for the planet during these uncertain times.

- modeled on Jon Kabat-Zinn's beloved Mindfulness-Based Stress Reduction program
- a simple, profound practice, supported by research, that deepens awareness of thoughts, feelings and body sensations
- a way of being that brings steady, non-judging attention to your inner world, cultivating calm and greater kindness to yourself and others
- reduces daily stress and ongoing global stress, anxiety, depression, sleep irregularities, chronic pain, illness distress.
- experiential classes include sitting and walking meditation, gentle yoga, compassion, and mindful responses to dysfunctional habits and beliefs
- guided daily home practice strongly encouraged for maximum benefit



*Life is so hard, how can we be anything but kind?
- unknown.*



Dates: Weds, 6:30 pm – 9:00, Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7.

Retreat: Sat, Feb 25, 9 am - 4 pm

Location: Heartwood Mindfulness Center, 3706 E. 34th St. Mpls

Fees: (includes tuition, book, CDs, 2 personal check-ins & home practice instructions)

\$345 regular tuition; \$325 referral from former student or bring a friend;

\$ 250 for repeating student; work exchange possibilities

Registration: ksvien@ties2.net or 612-722-2650, <http://www.mindfulnessforchangingtimes>"

1) Mail in this form with your check. 2) Schedule a pre-class phone interview with Kaia (612)-722-2650.

"Our conversation helps me fine-tune the class for you."

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: (____) _____ Other phone: (____) _____

E-mail address: _____

Make check payable to: Kaia Svien. Send to: 3632 13th Ave S, Minneapolis, MN 55407

Register early! Enrollment limited! Please pass this brochure on to a friend. Thanks!