

Stress Reduction through Mindfulness Training

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Mindfulness practice (meditation) involves bringing our awareness into the present moment (from the past, the future, or some disconnected train of thought). By residing more frequently in the present moment, we begin to see both inner and outer aspects of reality. As we more closely observe inner reality, we find that happiness is not exclusively a quality brought about by a change in outer circumstances, but rather realize that happiness often starts with loosening and releasing attachment to thoughts, predispositions, and "scripts."

INSTRUCTOR: ZOMALA ABELL

SESSION DATES: 2/15 – 3/15, 3/29 – 4/26, 5/10 – 6/7

MONDAY: 6:45-8:15PM AGES: 16+

COST: \$45 PER SESSION – PRE-REGISTRATION REQUIRED



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