

THE NORTHWEST CENTER FOR MINDFUL LIVING 2011 SCHEDULE

Registration for all classes: gjakus@mindfullivingnw.com / 206-755-9313

All classes will be held at Soma Yoga Studio unless otherwise noted

Mindfulness Based Stress Reduction (MBSR)

Mindfulness Based Stress Reduction (MBSR) is an 8-week series introducing mindful awareness as a path towards healing. The class explores how to more effectively live with physical, emotional or psychological stress and suffering while integrating mindfulness into daily life.

Thursdays: January 13 thru March 3 (6:30 to 8:30 PM) Soma Yoga Studio, Ballard

Tuesdays: March 29 thru May 17 (7:00 to 9:00 PM) Present Sense Studio, 4131 Woodland Park Ave. N.

\$225.00 (includes 22 hours of class instruction, 2 practice CD's)

Mindfulness Based Stress Reduction Special Topics:

A series of special topics steeped in Mindfulness Practice, designed for graduates of the 8-week Mindfulness Based Stress Reduction (MBSR) class or anyone already familiar with mindfulness practice.

Thursdays: 7:00 to 9:00 PM (Soma Yoga Studio, 1423 NW 70th St., Ballard)

March 31: Weaving Mindfulness Practice into Everyday Life (practical applications)

April 14: Creating Mindful Relationships (communication approaches, resolving conflicts, increasing joy)

May 5: Mindfulness and the Creative Process (awakening your creative self even if not an artist)

May 19: Mindful Eating (exploring ways to nurture our bodies in a healthy way)

June 9: Mindful Awareness of the Body (body awareness through mindful movement and meditation)

\$30.00 per class / \$125.00 for the series

An Introductory Evening in Mindfulness:

A 1 1/2-hour introduction to the Mindfulness Based Stress Reduction 8-week class, laying out the foundations of both Mindfulness practice and its benefits for health and well-being.

Monday, January 10, 2011 (7:30 to 9:00PM)

Thursday, March 24, 2011 (7:00 to 8:30 PM)

\$25.00 Donation (applied to the 8-week series with registration)

Monday Evening Meditation:

Weekly community practice in sitting & walking meditation and movement. Open to everyone.

Mondays, 7:30 to 8:30 PM (Soma Yoga Studio)

Donations accepted (to be divided between The Ballard Food Bank and the studio)

Day of Mindfulness Practice

A silent Day of Mindfulness Practice open to any current or previous attendee of the Mindfulness Based Stress reduction class. Guests also welcome, accompanying a class participant. Offered quarterly.

Saturday, (Winter) February 19; (Spring) May 14; (Summer) August 13, 2011 (10:00 AM to 4:00 PM)

No cost for current MBSR students: \$20.00 recommended donation for all others (Locations TBA)