

A Month of Mindfulness

WITH WILLOW MYERS M.A.

Thursdays Oct. 4, 11, 18, 25 • 7:00 to 8:15 PM

COST: BY DONATION

COME JOIN US IN LEARNING THE BASICS OF MINDFULNESS MEDITATION

YOU WILL LEARN ABOUT :

- Developing of a sense of compassionate acceptance of self and others
- Anchoring yourself in peace and calm
- Expanding awareness of your moment to moment experience
- Observing your sensations, emotions, thoughts and memories with kindness
- Making wise choices — responding rather than reacting

ABOUT THE INSTRUCTOR:

Willow Myers MA has been a practicing psychotherapist since 1985. She first taught meditation in 1976 as a biofeedback and stress management specialist and has continued to study and incorporate meditation into her personal life and work as a therapist over the years.

Willow is currently working towards certification as a Mindfulness Meditation Teacher. The Mindfulness Meditation Teacher Certification Program is taught by Jack Kornfield and Tara Brach, two internationally renowned Mindfulness Teachers, in association with Sounds True and UC Berkley's Greater Good Science Center.

LOCATION: Red Cedar Dharma Hall, 1021 N. Forest Street (just south of the intersection of Forest and Maple). Sponsored by the Bellingham Insight Meditation Society

To register call Willow Myers at 360-961-1734.
For more information about Willow go to willowmyers.com

** The class focus is on development of a personal meditation practice and not intended to be therapy.*

