

# Being PRESENT



## A MINDFULNESS MEDITATION WORKSHOP

*"Life is available only in the present moment." – Thich Nhat Hanh*

Mindfulness meditation allows one to be present in each moment – experiencing moments exactly as they are without agenda or judgment. Mindfulness Meditation helps you to recognize and manage stress before it gets out of hand. It can help to promote relaxation and help one enter a positive state of mind.

This practice helps you to disengage from worrying about the future or being stuck in the past, but to live your life in the present moment.

This 4-week workshop will teach the concept of mindfulness meditation and how the practice can serve to expand awareness of how you relate to your mental, emotional and physical experiences. You will learn techniques to develop skills that will promote well-being as well as emotional resilience.

Recent studies have shown the benefit of mindfulness meditation will lessen stress & anxiety, improve cognitive function, help with pain management, lower blood pressure, increase empathy and compassion, strengthen the immune system and bring about physical changes to the brain.

Facilitator Jasmin L. Cromwell has been practicing meditation since 1975. She has studied the MBSR (Mindful Based Stress Reduction) as well as the TM (Transcendental Meditation) programs and has been teaching meditation for almost a decade. Jasmin is a Certified Yoga Instructor and Holistic Nutrition Consultant.

### **Being Present Workshop Dates and Time:**

6:30 – 9:00 p.m. on Thursday, February 20<sup>th</sup>, & 27<sup>th</sup>, and March 6<sup>th</sup> & 13<sup>th</sup>

**Location:** Minds Eye Bookstore • 81 Macomb Place • Mt. Clemens

**Cost and Inclusion:** \$175.00 and must be paid in advance.

- Course Book "Full Catastrophe Living" by Jon Kabat-Zinn
- Course Workbook
- Guided Meditation CD with Relaxation Meditations

Each week please bring your course book, a writing utensil, yoga mat, and wear comfortable clothing for our Mindful Yoga Practice. Hot tea and simple snacks will be served each week.

Register online at [www.pathwaypartner.com/meditation](http://www.pathwaypartner.com/meditation).

For questions or additional information, contact instructor Jasmin Cromwell at (586) 201-0781 or email her at [jasmin@pathwaypartner.com](mailto:jasmin@pathwaypartner.com).

