



## **The Cultivation of Mindfulness: A Beginner's Guide**

**The Chrysalis Centre is pleased to provide a 5 hour introductory workshop to Mindfulness!**

**When: Saturday October 20, 2018.** Please register by October 15, 2018.

**Time:** 10:00-3:00

**Location:** Village Hive- Historic Old School House -55 Albert Street Markham L3P 2T4

**Fee: \$120.00** per person Receipt provided at end of workshop. Extended health benefit coverage may be available through services provided by Registered Psychologist or Registered Social Worker. Fee can be paid by cheque/cash. E-transfer must be prior to October 18/18.

### **Who Should Attend:**

Anyone who has wondered what Mindfulness is all about- is welcome to attend this workshop to learn more about how Mindfulness might be helpful in everyday life.

Mindfulness is paying attention in a particular way-on purpose-in the present moment and non-judgmentally. Mindfulness practice has been found to reduce stress and enhance physical, emotional, mental, social health and well-being.

This workshop is not intended to fully educate you about Mindfulness but to prime your interest. It is intended for those who have little or no experience with Mindfulness.

### **Learning Objectives**

#### **By the end of this workshop, participants will:**

- [ Learn about what mindfulness is and is not
- [ Describe some of the benefits of mindfulness practices
- [ Experience core mindfulness practices
- [ Discover resources to develop further mindfulness practice

\*This workshop is not a substitute for therapy.

We will provide tea, coffee, healthy snacks but ask people to bring a mindful lunch/drink.

To find out more about the workshop and to see whether this would be suitable for you, please call and register by contacting:

**Dr. Karen Ghelani 905-752-6789 Ext 101 or Dylan Zambrano, M.SW. R.S.W. 905-506-1717**  
**Registration is limited to please call early to reserve your spot.**