



Mindfulness East Bay

Finding the space between stimulus and response

Introduction to Mindfulness

- ❖ Find out what mindfulness is – and is not – from an experienced teacher
- ❖ Learn how it can be used to improve focus and concentration, increase happiness, treat stress and stress-related illness, relieve anxiety and chronic pain, and prevent relapses in addiction and depression
- ❖ Experience a sampling of mindfulness practices that are easy to learn and can be readily incorporated into daily life
- ❖ Get information on resources for further practice, including classes and groups that are offered around the Bay Area

OFFERED IN TWO LOCATIONS, WINTER 2017:

Livermore: Las Positas College

Saturday, January 28, 2017, 9:30 am – 12:30 pm

Fee: \$49

Registration through the college: www.laspositascollege.edu/communityed

Hayward: Chabot College

Saturday, March 11, 2017, 10:00 am – 1:00 pm

Fee: \$49

Registration through the college: www.chabotcollege.edu/comed



Rebecca Stanwyck, LCSW is a licensed psychotherapist who helps adults solve personal and work-related problems. She is an experienced teacher and group facilitator, has practiced meditation and yoga for over 30 years, and has been teaching mindfulness classes and groups since 2011. Her offices are in Castro Valley and Pleasanton. For more info about either workshop: please call Rebecca at **510-881-2540**, email Rebecca at mindfulness-eastbay@gmail.com, or go to www.mindfulness-eastbay.com