



## Mindfulness East Bay

*Finding the space between stimulus and response*

# Keeping Mindful Meditation Group

- ❖ Mindfulness and meditation are not difficult to learn, but like most things in life require consistent practice for mastery. Practicing regularly with a group and an experienced facilitator will help you sustain your practice and reap the benefits of mindfulness!
- ❖ Open to any adult with an interest in mindfulness meditation, no prior experience necessary.
- ❖ Each class includes a 20 – 30 minute guided meditation practice (with basic instruction given for those new to meditation), a short presentation on a topic related to mindfulness, and group discussion about applying mindfulness to daily life. Discussion topics will vary depending on the interests of the group.
- ❖ Class meets alternate Wednesday evenings, from 6:30 to 7:45 pm
- ❖ Class begins April 27, 2016, meets 5/11, 5/25, 6/8, 6/22, 7/6, 7/20, and so on
- ❖ Location: Corrie Center, 7950 Dublin Blvd, Dublin, CA 94568

### TWO WAYS TO PARTICIPATE:

#### **Drop in when you can!**

Every other Wednesday  
(see website for current  
dates and room)  
Fee: \$25, cash only

#### **Register and pay in advance!**

Use PayPal button on  
Rebecca's website  
Fee: \$25 per class OR  
\$90 for 4 classes



**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. **For more info:** call Rebecca at **510-881-2540**, or use contact form on [www.mindfulness-eastbay.com](http://www.mindfulness-eastbay.com). Please go to [www.rebeccastanwyck.com/mindfulness-classes/](http://www.rebeccastanwyck.com/mindfulness-classes/) to register and pay in advance.