



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!
- ❖ This group was formed for alumni of Rebecca's mindfulness classes, however it is open to any adult with an interest in mindfulness meditation, no prior experience necessary.
- ❖ Each class session 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 everyday life. Discussion topics will vary depending on the interests of the group.
- ❖ Group meets alternate Thursday evenings, from 7 to 8:15 pm
- ❖ Group dates for Winter 2018: 1/11, 1/25, 2/8, 2/22, 3/8, 3/22
- ❖ Location: Dragonfly Yoga & Wellness, 6535 Sierra Lane, Dublin, CA 94568

TWO WAYS TO PARTICIPATE:

Drop in when you can!

Every other Thursday
(Check the website for additional
dates and updates)
Fee: \$20, cash only

Register and pay in advance!

Use PayPal button on
Rebecca's website
Fee: \$20 per class OR
\$60 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 email her via the contact form on www.mindfulness-eastbay.com. Please go to www.rebeccastanwyck.com/mindfulness-classes/ to register and pay in advance (scroll to bottom of page for the PayPal button).