

# Mindfulness for Beginners

Simple Tools to Relieve Stress,  
Worry and Unhappiness



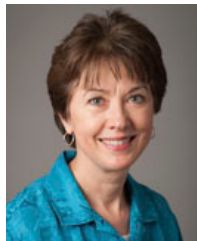
**New class starts Tuesday, Feb 7, 2017!**

- ❖ An six-week course that introduces a simple yet powerful approach to dealing with stressful situations, negative thoughts, and difficult emotions
- ❖ Mindfulness can be described as a particular way of paying attention and being present in the moment
- ❖ Learn practices that have been used successfully for over 30 years to treat stress and stress-related illness, to relieve anxiety and chronic pain, and to prevent relapses in addiction and depression
- ❖ Even 15 minutes a day of mindfulness practice can make a difference in improving mood, energy and overall well-being, decreasing emotional reactivity, and increasing stress resilience
- ❖ Learn breathing techniques, exercises designed to transform habitual ways of thinking about and reacting to stress, and simple and brief meditative practices that can be readily incorporated into daily life
- ❖ Participants are encouraged to do home practice between classes

**Location:** Las Positas Community College, 3000 Campus Hill Dr, Livermore, CA 94551

**Course fee:** \$149    **Dates:** February 7 – March 14, 2017    **Time:** 7:30 – 9 pm

**To register:** Call 925-424-1467 or go to: [www.laspositascollege.edu/communityed/](http://www.laspositascollege.edu/communityed/)



**Rebecca Stanwyck, LCSW** had a successful 20-year career in the Employee Assistance field before deciding in 2004 to focus full-time on private practice, where she helps adults solve personal and work-related problems. She is an experienced teacher and group facilitator who has been teaching mindfulness classes and groups since 2011. Rebecca has practiced meditation and yoga for over 30 years. Her offices are in Castro Valley and Pleasanton. For more info, call Rebecca at 510-881-2540 or see her website: [www.rebeccastanwyck.com](http://www.rebeccastanwyck.com)

For info on other mindfulness classes and groups, go to: [www.mindfulness-eastbay.com](http://www.mindfulness-eastbay.com)