

Mindfulness for Beginners

Simple Tools to Relieve Stress,
Worry and Unhappiness



Class meets 4 Saturdays in April 2017!

- ❖ A four-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, non-judgmentally
- ❖ 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 will be encouraged to do daily home practice, for while mindfulness is not difficult to learn, like most things in life, it requires regular practice to master

Location: Chabot College, Hayward

Date and time: Saturdays, April 1, 8, 22, and 29, 2016, 10 am – 12 pm
(note: no class meeting on 4/15)

Class fee: \$129

To register call 510-723-6665 or go to: www.chabotcollege.edu/comed



Rebecca Stanwyck, LCSW is a licensed psychotherapist in private practice in Castro Valley and Pleasanton, where she helps adults solve personal and work-related problems. She is an experienced adult educator and group facilitator who has been teaching mindfulness classes and groups since 2011. Rebecca has practiced meditation and yoga for over 30 years. For more information, call Rebecca at 510-881-2540 or see her website: www.rebeccastanwyck.com

For other mindfulness classes and groups, go to: www.mindfulness-eastbay.com