

A Day of Mindfulness

January 21, 2012

9:00 am – 3:00 pm

Hanover Arts & Activities Center

Ashland, VA

Introduction to Mindfulness-Based Stress Reduction (MBSR)

Mindfulness is coming home to our truest Selves. An intentional discipline and practice of being focused and present without drifting into thoughts or fear and self doubt. Mindfulness is not a technique, it is liberation from the delusions we have believed and known ourselves or others to be. It is an act of hospitality - a new way of learning to treat relationships. The practice of mindfulness allows us to open ourselves to our greatest potential rather than losing ourselves in the midst of others' opinions, needs and expectations.

This one-day retreat will introduce participants to the practice of influences that affect well-being and health. **Mindfulness practice helps cultivate a greater awareness of thoughts, feelings, and behaviors that can undermine emotional, physical, and spiritual health.** During this retreat individuals will practice disciplines of meditation that will strengthen their balance in the midst of life's circumstances.

This Retreat is for People:

- Who want to be active participants in caring for themselves
- Desire to learn ways to draw upon and trust their internal resources
- Who desire to be living in the now and not tossed around by negative thoughts or stress from daily living
- Who desire to look deeply into their lives for clarity and then respond to their world with compassion and wisdom
- Who desire to reduce personal and universal suffering that can be brought about by negative thoughts, poor health, high stress or other mental or physical conditions.

Participants will learn:

- To find more balance in an oftentimes chaotic world.
- A variety of meditation practices that will focus on integrating mindfulness into the realities of daily living.
- To cultivate the ability to live more fully without being dictated by internal fear or self doubt.

Medical research shows MBSR can help:



Anxiety
Chronic Stress
High blood pressure
Sleep disruptions
Chronic pain/illness
Inappropriate expressions of anger or fearfulness
Depression
Lack of self confidence

To register, visit www.hanoverarts.org or call 804.798.2829
For additional information, visit www.MariaClarkFlehood.com