

Learn

to balance doing
with being.

Learn

to "lean in" to difficulties
instead of
avoiding them.

Learn

to gently
welcome whatever shows up
in your experience.

Learn

why you can't think yourself
out of depression.

In this course

we will drop below the sometimes chaotic and often robotic surface of our lives to get better acquainted with the deeper structures of our minds, body sensations, and sensory experiences. In this world below our stories, we find the jewels of the present moment. Using exercises drawn from the distinguished work of Jon Kabat-Zinn*, we will discover and nurture the level of awareness that allows us more choice, more serenity, and more skill in using all aspects of our experience to feel more alive and connected to ourselves and our world.

* In 1979, Jon Kabat-Zinn founded his stress reduction program at University of Massachusetts' Center for Mindfulness in Medicine, Health Care, and Society. Its phenomenal success – more than 17,000 people have benefited so far – was documented in the PBS documentary "Healing and the Mind." By learning the ancient principles of mindfulness, participants have found a deeper sense of inner peace and connectedness in their lives as well as improvement of a variety of physical and emotional symptoms. They also develop an ongoing understanding of how to be responsible for maintaining their own well-being.

Facilitator:

Mary Lampkin, MA, LMHC, has been practicing mindfulness for over twenty years. As a survivor of depression, she can personally testify to the power of mindfulness practice as a tool for personal growth. As a licensed mental health counselor for ten years, she has walked the path to wellness with hundreds of people in a variety of community settings and found the practice of mindfulness to be one of the best tools to help people connect to the intrinsic well-being that lives below our depression, anxiety, and the stress of our personal life circumstances.



*Depression
is being stuck in
the past.*

*Anxiety
is being stuck in
the future.*

*Peace is
in the present
moment.*



*Mindfulness is
...*

Sign up Now

for this 8-week
mindfulness intensive

Eight Sunday Sessions

Convenient afternoon
schedule
1:30 - 3:30pm

\$200
plus \$14 for textbook
with CD

Requirement:
To fully benefit from this program
you will be asked to commit to
attending every session and to
45 minutes a day, six days each
week, of practice at home.

To be held at
Central New Mexico
Counseling Services
431 Luna Ave
Los Lunas NM
Register 505-859-2582

Mindfulness
8 Sunday sessions

*Call for current
schedule*

