

DEVELOPING MINDFULNESS in these times

Taught by: Judith Prebluda M.A., Psychotherapist, Meditation Teacher & Reiki Master

LOCATION: TEELE SQ., SOMERVILLE, MA

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Do you wish to **develop** Mindfulness - for both practical and spiritual help, in every day life, especially during times of **challenge and uncertainty**?

With basic **Mindfulness Practice** as a foundation, this class will **build and expand** upon this foundation by **deepening and expanding** meditation practice, and developing more **practical uses** of Mindfulness.

Specifically, we will focus on the development of **compassion** towards Self and Others, as well as other **qualities of Mindfulness** . These **qualities** are:

- Non-judgment
- Allowing/Being
- Gentle Curiosity (insight and inquiry)
- Kindness (care towards self and others)
- Clarity (seeing the “big” picture”)
- Discernment/ Right action

These qualities lead to a greater awareness of a **“Centeredness”** or a sense of a healthy, whole **Self**, which all people have at their **“Core”** but may not have access to. As the ability to both **“sit”** and **operate** in the **“Being”** Mode becomes more familiar and stable, the qualities of Mindfulness become more available in every day life.

The **focus** of this class will be learning to **apply** these qualities and skills towards useful ways of coping more effectively with personal and life challenges.

The tools taught in this class are developed from an integration of both **Meditational** and **Psychological** practices and approaches I have learned over the years. These include:

- Mindfulness
- Metta (loving kindness) practice

- Principles and Practices of Healing.
- Dialectical Behavioral Therapy and Internal Family Systems

These classes are excellent compliments and supports to **PSYCHOTHERAPY, E.M.D.R., Internal Family Systems work Ego States** and **trauma** (second stage) work in general.

This program is an eight-week class; each class is 2 hrs in length.
The cost is \$400.00 for the entire program. Some insurances may apply.
Some experience with Mindfulness Meditation is helpful

PLEASE CONTACT: Judith Prebluda M.A. 781-643-2313

NEXT CLASS Begins: SEPT. 21 , 2005 COST: \$400