

# 8 Week Mindful Meditation Program

*Facilitated by*



This program is for individuals experiencing stress or overwhelm in their day to day life. The 8-week program helps develop capacity for greater calmness and teaches proven techniques and skills to manage, reduce or remove stress. Research has demonstrated improved outcomes that include better sleep, lower blood pressure and fewer worries.

Participants Will Learn:

- ✓ **The brain's impact on how we think, feel, act, learn and change**
- ✓ **To change unwanted habits**
- ✓ **To strengthen interpersonal relations**
- ✓ **To improve focus and memory**
- ✓ **To reduce stress and introduce effective relaxation techniques into your daily routine**

You'll experience techniques that will enable you to be present and focused. Each session ends with a group meditation that leaves you relaxed and recharged.

**Dates:** Wednesday October 10<sup>th</sup> to Wednesday November 28<sup>th</sup>, 2018

**Time:** 7:30pm-9pm

**Location:** **Stouffville Natural Health Clinic**, 37 Sandiford Drive, Suite #209, Stouffville

**Investment:** \$199 plus HST

To Register call **905-642-8555** or email [info@stouffvillenhc.com](mailto:info@stouffvillenhc.com)

**LIMITED SPACE AVAILABLE**