

## [THE ART OF MINDFULNESS](#)



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Mindfulness is the key to happiness, says Judson Brewer, MD, PhD, associate professor of medicine and psychiatry at University of Massachusetts Medical School (UMMS) and director of research at the UMMS Center for Mindfulness in Shrewsbury, Massachusetts.

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### **The Art of Mindfulness A Practical Guide to Hack Spirit**

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### **The Art of Mindfulness Meditation Series Scottsdale**

The Art of Mindfulness Meditation Series. Attend one or all of our three-part workshops in The Art of Mindfulness Meditation Series \$12 each or all three for \$30. Bring your own yoga mat or pillow. Chairs will be provided. The Art of Mindfulness: Living in the Moment. Saturday, Sept. 15, 10:30 11:45 a.m.

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### **The Art of Engaged Mindfulness Settling the Mind for**

I thoroughly enjoyed The Art of Engaged Mindfulness The format of the course enabled me to learn about the impact of meditation and therefore choose to fit more meditation into my lifestyle. Through the class, I expanded my knowledge of meditation and mindfulness, strengthened my practice, and met some great people.

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