

Mindfulness Part 1 – An Introduction to Mindfulness

This workshop will introduce you to Mindfulness.

Learn how to switch from being busy, multitasking and doing, to simply being. Included in cost is a CD featuring two mindful meditations.

You will learn:

- A variety of mindfulness techniques including gentle yoga and meditation
- How to practice yoga mindfully
- How to integrate mindfulness practices throughout your day.



Benefits of mindfulness:

- Mindfulness can improve concentration, productivity, resilience, and the ability to respond to stress.
- It can be used to reduce anxiety, depression, stress, physical pain, emotional reactivity, and reliance on unhealthy coping strategies.



Mindfulness Part 2 – Sensations, Thoughts & Emotions

Join Katie for a Mindfulness Yoga Workshop that will take you deeper into the practice of mindfulness. We suggest that you complete Mindfulness Part 1 workshop first.

You will learn:

- How to witness sensations, thoughts and emotions with acceptance
- A variety of different mindfulness techniques including gentle yoga and meditation
- How to integrate these mindfulness practices into your day.

