

Practicing Peace I

MINDFULNESS AS A PATH OF HEALING THE WHOLE PERSON



"Mindfulness is more than a meditation practice that can have profound medical and psychological benefits; it is also a way of life that reveals the gentle and loving wholeness that lies at the heart of our being, even in times of great pain and suffering."

DR. JOAN BORYSENKO

The practice of mindfulness has been found to be effective for coping with chronic pain, boosting the immune system, and dealing skillfully with the stress of being human. This 8-week course is designed to cultivate a life-long habit of moment-by-moment awareness without judgment. Classes will include instruction and practice of mindfulness in simple yoga stretches, various forms of meditation, and activities of daily living.

- Recorded guided meditations will be available for daily practice.

September 17 - November 12

EIGHT THURSDAYS, 7-9 P.M.

First Unitarian • 14th and Lafayette, Denver

Fee : \$175

some partial scholarships available

All students must contact instructor to pre-register.

303-477-7833

(or email Christopher at CM@Whole-Story.com)

THE INSTRUCTOR

Psychotherapist and mindfulness teacher Christopher Maier draws on graduate degrees in Communication Studies (Northwestern) and Transpersonal Counseling Psychology (Naropa) as well as decades of practice of meditation. He is a licensed professional counselor with a private therapy practice in Denver.