Mindfulness for Stress Management

A Six-Week Course

Taught by Mary Davin, M.A.

The Anxiety and Stress Disorders Institute presents…

Six Thursday Evenings: 6:30-8:30 pm

Course Begins Every Other Month – Call Number Below for Dates of Next Course

Mindfulness is our innate capacity to flexibly, fluidly pay attention from moment-to-moment. Learn to tune into the vividness and vitality of RIGHT NOW rather than endlessly replaying the past or worrying about the future.

Research has overwhelmingly shown that a lack of grounding in the “here and now” can be a significant contributing factor for many anxiety disorders and depression. While not a substitute for therapy, mindfulness practice can be a valuable adjunct to Cognitive Behavioral Therapy. It is also extremely useful for anyone wishing to become more awake in and connected to her life.

You will learn mindfulness techniques that train the mind and body to be: present, relaxed, open, reflective, and responsive to your always-changing experience of life. While there is no “right” way to practice mindfulness, this class will establish guidelines, provide support, encourage discussion, and offer many opportunities to experience the profound benefits of embracing the present.

Among the many practices participants will explore in the course are: mindfulness meditation, mindful eating, body scan, mindful listening, and a variety of embodiment practices involving movement and stillness intertwined.

This is not group therapy. No personal disclosure is required.

COST $300  ADVANCED REGISTRATION REQUIRED

Please call Mary Davin at (301) 455-5050 or email her at: clearandpresentliving@gmail.com for more information or to register.

Location of Training: Room 200, Gibson Building, Sheppard Pratt Hospital