

Intro to Mindfulness & Meditation

It's easier than you think!

Reduce stress, develop resilience and add more joy to your life!

Tuesday evenings (4-part series)
September 6, 13, 20 and 27
6:15 pm - 7:45 pm PT
ONLINE
\$50 for all four classes

In this interactive 4-part series you'll learn:

- What meditation is and what it isn't
- To access mindfulness using your breath, sound or the body as anchors
- The power of hitting your 'pause button' when triggered by challenging life situations
- Ways to integrate 'micro-mindfulness' practices throughout your day
- Mindfulness can increase your capacity to enjoy life more and more!

Week 1: Introduction to meditation

Week 2: Working with thoughts

Week 3: Working with emotions

Week 4: Working with physical sensations



Linda Graf has practiced meditation since 1993. She is a certified coach (CTI 2000), facilitated both corporate and wilderness programs and completed Jack Kornfield and Tara Brach's Two-Year Mindfulness and Meditation Teacher program. Linda's teaching style has been described as highly useful, interactive, easily accessible –with a splash of playful irreverence.

To register or learn more: www.lindagrafcoaching.com

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