



MINDFULNESS MEDITATION CLASS

In this mindfulness meditation course the breath will be the point of focus as we learn to be more present for life, accepting moment by moment whatever might arise. When we are able to notice our thoughts and feelings as they arise, with a gentle, non-judgmental awareness, we gain the space to respond rather than react, to accept rather than reject. We will explore the key elements of correct posture to ensure a strong, stable, comfortable foundation for practice. We will also address difficulties and obstacles commonly encountered by meditators and develop the skills to establish or maintain a successful and rewarding home practice.

Course structure:

Each class will consist of two 15-25 minute practices with time between and after for questions, clarifications, discussion. Meditation techniques may include: guided meditation, silent meditation, seated (on floor or in a chair), standing or walking meditation as well as the practice of Loving Kindness.

Studies have shown that a consistent mindfulness meditation practice may:

- Reduce insomnia, anxiety, stress, and depression
- Improve focus, creativity and clarity
- Deepen concentration and develop self-awareness
- Aid in the lowering of blood pressure
- Aid in the management or reduction of chronic pain

When: Mondays, 5:30 - 6:30 p.m.

Sessions: November 7th – January 9th (no class 12/26, 1/2)
January 23rd – March 20th (no class 2/20)
March 27th – May 15th

Where: Larry D. Community Center, 1200 12th St. Sparks

Fee: \$96/\$80 resident discount per eight-week session, Register by calling 353-2376 or online at www.sparksrec.com,

Course Instructor: Dar Shawver, C.MI & Inhale/Exhale Owner

Clothing: Loose and comfortable

Materials Required: Meditation cushion or several towels to be stacked and used as a cushion. A throw

