

# Introduction To Mindfulness Meditation

6-Week Series

with Marci Nowaczok, MA, LPC

*Thursdays 7:00-8:30PM*

*January 16 - February 27*

*\$120 per person for all 6 weeks (pre-registration required)*

*Or \$30 per person Single Class Drop-In*

Mindfulness Meditation is the practice of maintaining attention and awareness on the present moment without judgment. While meditation is a practice that reels in our thoughts to calm the mind, Mindfulness Meditation teaches us to also be aware of what's around us and *how our bodies feel*. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Focusing on the present is shown to have a positive impact on health and well being including reducing anxiety and depression, lower blood pressure, improved sleep and even coping with pain.

Certified Mindfulness Meditation Instructor Marci leads a 6-week series to teach you techniques to build a foundation for a personal Mindfulness Meditation practice. Each weekly session explores varying aspects and techniques of Mindfulness Meditation, building to a personal practice:

- **Week 1: Introduction to Mindfulness Meditation**
- **Week 2: Mindfulness of the Body**
- **Week 3: Mindfulness of Emotions**
- **Week 4: Mindfulness of Thoughts And Beliefs**
- **Week 5: The Wise Heart**
- **Week 6: Bringing Your Practice Into The World**

Classes meet weekly on Thursdays 7:00-8:30PM for 6 weeks: 1/16, 1/23, 1/30, 2/8, 2/13, 2/27 (note no class on 2/20).

Bring a journal or notebook and wear comfortable clothing. Meditation chairs, blankets, bolsters and tea will be provided.

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



*Marci Nowaczok is a Certified Mindfulness Meditation Instructor and Licensed Professional Counselor, MA, LPC, NCC who has been practicing for 16 years*

