

MINDFULNESS TOOLS

FOR STRESS REDUCTION AND EVERYDAY LIVING

SATURDAY, AUGUST 3, 2013
2-5 PM
SOL STUDIO, 3400 KERBEY LANE, AUSTIN TX 78703



We have all felt the stress of living our every day lives. We all forget to pay attention to simple but amazing things like our breath and our bodies. We are often reminded of this lack of attention when we develop stress related emotional or physical challenges in our lives.

Join Geeta Cowlagi for an Introduction to Mindfulness Tools.

Learn five practices that will enable you to:

- Start recognizing the causes of stress in your life
- Cultivate more skillful responses to stressful situations
- Start living a life of reduced stress and greater ease and resilience.
- Start living fully and being present to every thing that life offers with full attention and care.

The Mindfulness Tools are based on the 8-week Stress Reduction Program, created in 1979 by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center.

All workshops are individually tailored to meet the needs of the group.



Please email Geeta@JoyfulLiving.us or call
(512) 653-5271 to register for the workshop.

Workshop fee is \$40.

Spaces are limited and advance registration is required.



Geeta Cowlagi has received training from the University of Massachusetts Medical School's Center For Mindfulness in Medicine, Health Care, and Society. She is known for her "heart-centered" approach that invites participants to explore life's challenges in a safe and supportive environment.

Please visit www.JoyfulLiving.us for more information.