

Greetings,

Mindfulness is the answer to the challenges we face. Mindfulness is a deep, innate sense that lies within us all. Achieving a well-balanced life means being aware of all aspects of ourselves: mind, body, heart, and soul. Cultivating a mindfulness practice can help us manage pain, illness, stress, and make us better caregivers for those who need our help.

I am offering online MBSR TRAINING (Mindfulness Based Stress Reduction), starting with an orientation on November 29@7:00am EST, December 4@7:00pm, December 12@7:00am, January 8@7:00pm, January 10@7:00am, January 16@7:00am. MBSR is a proven self-care practice. It is time-tested, evidence-based, and supported by empirical research. This 8-week intensive training, which includes 32 contact hours, will lead to cultivating a mindfulness practice and will earn a certificate of completion. This training is being offered out of generosity to participants and as a gift to the children in the community of your choice.

Attachment below provides information about the scheduled sections. Email your section preference, indicating your first, second, and third choices. **Complete the questionnaire form by clicking on the link below, and I will schedule a question and answer session with you.** Only after the Q & A session will you be added to the class list.

Questionnaire Form Link: <https://forms.gle/D62dkN4ENHpueoKTA>

I currently offer drop-in mindfulness practice on Monday-Friday@5:00am-6:00. You are welcome to join us. Let me know if you would like me to add you to the ZOOM link for these practices.

The training is open to anyone who is interested feel free to pass on the information.

Mindfully,

Ali Turfe

