



# *Introduction to Mindfulness Practice*

Tuesdays – October 8, 15, 22, 29, November 5, 12, 19

Our lives as humans are overly stimulated and often harried. What would happen if we gave ourselves a few minutes each day to stop, and be fully silent and still – to be mindful? Research has shown that the practice of mindfulness meditation can lead to a calm and focused mind. Other benefits of this practice include reduced stress, enhanced self-awareness, and a greater sense of inner peace and connectedness with life.

This 7-week introductory course will answer the basic question: *What are we doing when we are mindful?* You will learn about mindfulness and meditation through instruction, discussion and guided practice. You will begin to develop a competence in mindfulness. Specific training will be provided on how to apply mindfulness to multiple dimensions of our lives. Upon completion of this series, you will have the tools and experience needed to continue an independent practice of mindfulness and meditation.



**Where:** Grace Landing  
506 Leonard Road  
Fredericksburg, VA 22405

**When:** 7:00-9:00 PM

**Cost:** \$185

**Teacher:** Bill Brooks, MTTI certified

We ask that you preregister for this course and that you commit to attending all seven classes as best you are able. Register here: <https://forms.gle/vzde4HEtFS3SBaBA8>.