

# Mindful Living

bringing the benefits of Mindfulness Meditation  
to the rest of the day!

Feeling stuck?

Feel like you're riding an emotional rollercoaster?

Frustrated by attempts to break old, unproductive habits?

Stressed by life's demands pulling you in all directions?



Mindfulness Meditation provides an opportunity to truly experience the present moment for the duration of the meditation session, and has been shown to improve the health and wellbeing of people who meditate on a regular basis beyond the practice session. Mindfulness principles can also be directly applied to the challenges of daily life. Living more mindfully, we are able to perceive and respond to our circumstances in ways that are more effective, productive, satisfying.

In this 4-session workshop, participants will have an opportunity to learn or enhance their practice of Mindfulness Meditation. Additionally, through discussion, individual, and group exercises, as well as suggested "homework", June will teach participants to apply mindfulness-based skills to the challenges of daily living, including coping with internal stressors like negative thoughts and emotions, as well as situational stressors, such as trying to balance work and family, challenging interpersonal relationships, and, generally, living in a complex and constantly changing world.

**Dates:** Call/email to learn when next workshop will begin

Location: Needham Psychotherapy Associates

Fee: 150, payable on or before first session

992 Great Plain Ave, 2<sup>nd</sup> floor

Needham, MA

No prior meditation experience required!

For more information, or to enroll, please contact June Atkind, LICSW

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