

Drop-in Meditation Classes

Joree Rosenblatt, MA, LMFT #93545

Cultivate a Practice of Being in the Present Moment

~ experience less stress and more joy ~

During these **45-minute meditation** classes you will:

- be guided through a 25-minute silent meditation, followed by a brief teaching of mindfulness tools
- understand the health benefits of developing a deeper connection to your breath to help cultivate your own inner place of calm and peace
- learn tools to decrease your stress and anxiety as well as identify triggers to your stress
- practice living in the present and how to be active participant in your own life, rather than live on autopilot
- generate greater interpersonal awareness and communication
- practice letting go of habits and patterns that no longer serve you; create new more skillful habits

Location: The Bay Area Mindfulness and Therapy Center • 50 Oak Ct., Suite 105 • Danville

Dates & Times: 1st and 3rd Mondays of the month, 9am
2nd and 4th Wednesdays of the month at 12:15
1st and 3rd Tuesdays of the month at 7pm
(Be sure to consult the calendar on my website for exact dates!)

Cost: \$33 – payable by cash or check at time of class

RSVP: Space is very limited!! – Pre-registration is required! Email Joree to hold your spot: joree@comcast.net or register at: www.mindfulnessandtherapycenter.com/event



Joree Rosenblatt, founder of the *Bay Area Mindfulness and Therapy Center*, has a Master's in Counseling Psychology and is a Licensed Marriage and Family Therapist. Through her extensive training in mindfulness, Joree guides her clients in the cultivation of a mindfulness practice to help bring them to greater peace, joy, and authenticity, all the while learning tools to live in the present moment to help maintain a stress and anxiety-free life. Joree has created original curriculum for her mindfulness classes and workshops, is a published author and has spoken at many local and national conferences on the implementation and maintenance a mindfulness practice. Joree also works individually and with couples in how to navigate difficult transitions in their lives, parenting struggles, relationship enhancement and divorce support.

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