

Fundamentals of Mindfulness – A 6~week Class

Change your Life – The Time is Now!

presented by Joree Rosenblatt, MA, LMFT

Tuesdays, January 10th – February 14th; 11:00-12:00pm

In this **6-week** class you will:

- experience greater **awareness, attention** and **intention**, resulting in less stress and more joy
- develop a greater connection to your **breath**, which has numerous healing benefits and also continuously draws you into the **present moment**
- gain greater **body** awareness – for relief of chronic pain, and to develop deeper trust to the messages your body is telling you by strengthening your 6th sense, your **intuition**
- practice mindful **eating**, as well as build greater awareness of how your **senses** can help you be more present
- cultivate a practice of **gratitude, compassion** and **loving-kindness**
- understand how to relate more skillfully to your **thoughts** and **emotions**
- generate greater interpersonal awareness and **communication** skills

Location: The Bay Area Mindfulness and Therapy Center • 50 Oak Ct., Suite 105 • Danville • 94526

Date & Time: Tuesdays, January 10th – February 14th; 11:00-12:00pm

Cost: \$399 – payment required to hold spot; PayPal or credit card accepted

RSVP: by Jan. 5th – space is very limited!! – email Joree at 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, is a Licensed Marriage and Family Therapist.

Through her extensive training in mindfulness, she has developed original curriculum for her mindfulness classes; speaks at numerous conferences and also writes for a variety of publications on mindfulness and mindful parenting. She also works with individuals who would like to develop tools to get them unstuck from whatever is holding them back from living their optimal, authentic life.

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