

Mindfulness, Gratitude, & Compassion Workshop

~ cultivating an attitude of gratitude can change your life ~

Sunday November 5th, 1pm-5pm

Join Joree Rosenblatt, LMFT, in a hands-on, experiential workshop where you will cultivate proven tools to achieve living your optimal life. Through exploration of mindfulness, neuroscience, current research, and practical application, you will develop a strong foundation for decreasing your stress and anxiety, while increasing your quality of life.

In this 4-hour workshop you will:

- learn the fundamentals of a mindfulness practice and how to develop tools to bring mindfulness into all aspects of your life
- discover how an “attitude of gratitude,” is scientifically proven to increase resiliency, positive emotion, as well as overall health and well-being
- learn how practicing self-compassion, and compassion for others, can serve as an antidote to depression, anxiety, and a negativity bias
- understand how gratitude and compassion overlap as essential components for achieving a more peaceful, balanced, and mindful way of being

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

Date & Time: Sunday November 5th; 1:00-5:00pm

Cost: \$199 - payment required to hold your spot

RSVP: by Oct. 27th – space is very limited!! Email Joree at joree@comcast.net or register at: www.mindfulnessandtherapycenter.com/event. PayPal or credit card accepted



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, as well as personal/spiritual growth.