

Introduction to Mindful Meditation via ZOOM

Presenter:

Heidi J. Stark, M.Ed, RYT



Heidi brings a career in working with people of all ages spanning over two decades, many in the public education sector. Heidi holds Bachelor's Degrees and a Master's Degree in Education with a concentration in Family and Society. She is also a registered yoga teacher (RYT). Heidi specializes in Children and Family Yoga, Mindfulness and Meditation and has completed MBSR coursework through UMASS Memorial Mindfulness Center and Brown University. With her business, H.J. Stark Wellness and Consulting, she has facilitated trainings with schools, small businesses, international corporations, individuals, and nonprofits in the areas of mindfulness, meditation, and yoga.

Heidi lives in Bryan with her husband and two boys. She can be contacted at
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*This opportunity will implement some gentle, **all-levels** movement. Please have a yoga mat/towel available. A pillow or cushion is also recommended. Movement can be done from a chair as well.*

This is a 4-Week Class Series:

October 29 - 6-8 PM

November 5 - 6-8 PM

November 12 - 6-8 PM

November 19 - 6-8 PM

This introductory course will provide participants a glimpse into mindfulness practices and meditation. A growing field of research supports the emotional and physical health benefits of a mindfulness practice. No previous experience is needed and all are welcome! In this experiential training, participants will:

- *Be introduced to mindfulness and its origins*
- *Become familiar with what mindfulness is and is not*
- *Be exposed to current science and research that supports the many benefits of a mindfulness practice*
- *Explore self-care*
- *Participate in mindful awareness, meditation, and gentle movement activities*
- *Cultivate curiosity around reactions and responses to stress*

Note: This Class is fully sponsored by Community Hospitals and Wellness Centers (CHWC). All fees related to this class are paid by CHWC.

Space is limited to 25 participants. Please register by Monday, October 19. To reserve your spot please contact Kathy Davis at kathydavis@chwchospital.org

It is highly suggested to use a computer / laptop for these Zoom classes, as it is difficult to participate via phone or ipad.