A Year of *Mindfulness*

Mindfulness 101

Sat. Oct. 22, 2016
10am – 12pm, Dove Auditorium

This introductory session will introduce the science and practice of mindfulness and how to develop habits that allow us to see and operate in the world more clearly.

Mindful Practices for Change

Thurs. Nov. 10, 2016
6pm – 8pm, Cole Community Room

Change is an inevitable part of our lives. How we deal directly with the reality of that change can influence the amount of stress we feel. In this session we will practice being present with reality in order to more gracefully move through changes in our lives.

A Mindful Way through Holiday Stress

Thurs. Dec. 8, 2016
6pm – 8pm, Dove Auditorium

Holidays cause all of us stress and anxiety. How does this affect our bodies and mind? This workshop will introduce the science behind stress responses in humans, as well as mindfulness exercises that can help lower the stress response.

Mindfulness in Relationships

Thurs. Jan. 26, 2017
6pm – 8pm, Cole Community Room

How can pausing for small moments lead to better relationships? Learn how even the smallest moments can stop or change the direction of negativity and prejudice.

Mindful Reflection

Sat. Feb. 25, 2017
10am – 12pm, Cole Community Room

Deep reflection can assist with processing the past as well as preparing for the future. But how does reflection help us in the present moment? This mindfulness workshop will use reflective exercises to empower us to be in the present moment.

Mindful Intentions

Thurs. March 9, 2017
6pm – 8pm, Dove Auditorium

As we move through the world and our lives we sometimes operate on an auto-pilot; be a part of a workshop that introduces and enhances skills for setting our intentions and becoming aware of the present moment.

A Mindful Awakening

Sat. April 8, 2017
10am – 12pm, Cole Community Room

When life seems to be moving quickly we can forget what really connects us to both ourselves and other people. Learn techniques to keep the connection strong and be present with what we truly need in our lives.

Mindfulness in Everyday Life

Sat. May 6, 2017
10am – 12pm, Dove Children's garden

How do we practice mindfulness in a variety of settings? Find out how you can apply the habits and exercises of mindful awareness practices in your work, home, and recreational life.

Carlsbad City Library, 1775 Dove Lane 760-602-2038
Georgina Cole Library, 1250 Carlsbad Village Drive 760-434-5083
www.carlsbadlibrary.org

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