



Mindful Meditation

Give yourself the gift of time ...

Open your heart and increase the joy in your life. Together, we will work with Living with Your Heart Wide Open by Steve Flowers, MFT and Bob Stahl, PhD and MBSR Every Day by Elisha Goldstein, PhD and Bob Stahl, PhD. Each meeting will include: meditation, personal inquiry and an opportunity to de-stress. "Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you---consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life." --Saki Santorelli, Executive Director, Center for Mindfulness, University of Massachusetts, Worcester

Tuesdays, 7:00-8:00

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