



*Be Still, Listen*

## **INTRODUCTION TO MINDFULNESS MEDITATION** **A FOUR WEEK PROGRAM**

**A class for you if you would like to meditate but are not sure where to start. Maybe you tried and it didn't work out as you expected or, you need a little refresher.**

### **YOU WILL LEARN:**

What mindfulness is

How to practice mindfulness meditation and apply it in your day-to-day life

To develop a healthier relationship with your thoughts

To experience more balance with your emotions

To be more in touch with your body and mind

To embody this mindfulness in relation to people, family, community, & much, much more

### **OTHER BENEFITS OF MINDFULNESS MEDITATION:**

An increased ability to relax, reduced stress, greater energy, joy, and happiness, improved immune system, lower blood pressure...

### **WHEN: EVENINGS at 5.30pm PT on ZOOM**

The course runs over a period of seven weeks and consist of:

**4 live classes** of about 1.15 minutes each on

Monday January 29<sup>th</sup>, Monday February 12<sup>th</sup>, **SUNDAY** February 25<sup>th</sup>, Monday March 18<sup>th</sup> .

**7 live meditation sits** of 30 minutes on Tuesdays at 5.30pm PT (If you are in the area, you are always welcome to attend the sits in person)

### **COST:**

I am committed to making my trainings accessible to everyone, regardless of one's income level or financial situation. Please choose the highest amount you can offer to contribute for the four classes, that is sustainable for you.

\$120 Full tuition - \$90 - \$30

### **REGISTRATION:**

For more information visit the program section on her website at: <https://bestill-listen.ca/>

Please fill in the registration form and send it to me at: [maryannyogada@gmail.com](mailto:maryannyogada@gmail.com)

**TEACHER:** Mary-Ann Enthoven is Belgian-Canadian living, working, and playing on the unceded territory of the WSÁNEĆ people, colonially known as North Saanich in British Columbia.

She has been practicing and teaching yoga and meditation since 2003.

Her practice of Vipassana Meditation, also known as Insight Meditation, sparked her interest in Buddhism. She's a graduate of the "Mindfulness Meditation Teacher Certification Program" taught by Jack Kornfield and Tara Brach.

Mary-Ann leads workshops on mindfulness and has on-going drop-in Meditation sits.

