

## ONLINE: Mindfulness Meditation 4-Week Series

Tuesday, January 17<sup>th</sup> – February 7<sup>th</sup> | 5:30-6:30 PM

With Susan Weinschenk, Ph.D.



### What is mindfulness meditation? How can mindfulness meditation benefit your everyday life?

Join us for this 4-week Mindfulness meditation class. It's open to everyone, whether you are new to meditation or experienced.

Mindfulness meditation is easy to learn and do. But don't let the ease fool you – it's a powerful technique for relieving stress, learning to relax, and training your brain to reduce anxiety and increase focus.

Whether you want to learn to live more in the present or better deal with the stress of everyday life, this class series will teach effective techniques for improving your life skills and mindset.

### Here are some of the topics we will cover:

What mindfulness meditation is

How to meditate

How mindfulness meditation is similar to and different from, other forms of meditation and yoga

Research on the effects of mindfulness meditation on the brain and body

The easiest and best ways to incorporate mindfulness meditation into your own health and awareness routines

How to use Mindfulness meditation to deal with anxiety, stress, life improvement, and coping with illness and/or pain

### Susan Weinschenk, Ph.D.



**Easy To Register:** Put phone camera up to the QR Code below! A link will appear on your phone screen. Tap on the link. You'll be directed to the registration & payment links.



These classes are live-streamed online via zoom, there will be no video content. The series includes access to PDF resource materials content and live-streamed classes.

**Cost:** Are you a frontline worker in Marathon County? Email [mary@5koshasyoga.com](mailto:mary@5koshasyoga.com) to receive a full scholarship for the course!

Are you a Health Care Worker or Educator? Email [office@5koshasyoga.com](mailto:office@5koshasyoga.com) to receive a 10% Discount, \$43.20 for 4-Week Series!

Regular Price: \$48 for 4-week series!

**What do I need?** A tablet, smartphone or computer. An internet connection that can handle Zoom. Wear comfortable clothing. Yoga mats, meditation cushions or other aids are not necessary, but feel free to use them if you have them.

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)