



## INTRODUCTION TO UNIFIED MINDFULNESS 8 WEEK MINDFUL AWARENESS COURSE

March 24 – May 12, 2021 (Wednesdays, 8 sessions)

Would you like to....

Feel less impacted by chronic or situational stress? Hone your ability to concentrate? Derive more pleasure from everyday activities?



This series on mindful awareness will explain how practicing any of several techniques can increase your attentional skills, leading to increased fulfillment, better resilience with stress/emotions, and greater concentration. One of the most exciting and innovative things about the system we will be exploring is its emphasis on “practice in life.” This means that you will learn how you can cultivate mindfulness at any time throughout your day – whether you are at work, exercising, with family or out in nature.

Each week, participants will receive instruction in, and have the opportunity to practice specific techniques of, the Unified Mindfulness System, created by Shinzen Young, internationally known mindfulness teacher and author.

Come learn to cultivate mindful awareness in this free 8-week series for SD 73 Teachers.

**Session Dates:** March 24, March 31, April 7, April 14, April 21, April 26 (\*This is an In-Service Day and the session runs from 1:00 – 2:30), May 5 and May 12

**Session Time:** All session (except for April 26) run from 3:00 – 4:15

Facilitator: Tyler Van Beers

For more information or to register, please contact Tyler Van Beers at [tvanbeers@sd73.bc.ca](mailto:tvanbeers@sd73.bc.ca)

**To get the most out of the course, please be sure you are able to attend all eight sessions**



March - May

Wednesdays at 3:00 pm



This will be virtual learning opportunity. Zoom information will follow.

Where do you want to go? | We'll get you there!