

Feeling Stressed?

Live a more joyful life through Mindfulness!

What is Mindfulness?

Mindfulness is being fully present in the moment and accepting it just as it is. It is learning practices that move us into awareness and away from habitual patterns that may be stressful, restrictive or non-productive. Thus, we open ourselves to choices, opportunities and wisdom that might not otherwise be available.

Riverwood offers

Introduction to Mindfulness & Mindfulness Training – Stabilizing the Mind

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Introduction to Mindfulness Check it Out!

An opportunity to try a few mindfulness practices, ask questions and learn more about our upcoming classes. No cost.

Dates: Thurs., Oct. 2

Time: 12-12:30 PM and 5-5:30 PM

Location: McGregor School Board Room

Registration: Call 218-927-5188

Four-Week Mindfulness Training: Stabilizing the Mind

Mindfulness Training teaches simple, accessible breathing, meditation and yoga practices to bring our awareness into the present moment. It fosters kindness and non-judgment of ourselves and others so we can begin to see and work with our pain, anxiety and stressors in a positive way bringing a sense of peacefulness and the ability to respond with wise compassion.

Dates: Thursdays, Oct. 23 & 30, Nov. 6 & 13

Time: 5-7 PM, (Nov. 6, 5-9 PM)

Location: McGregor School Board Room

Fee: \$50 for manual and materials OR \$30 for repeaters
(to be paid in advance)

Registration: Call 218-927-5188. Instructor will call with more info.

Mindfulness courses are part of Riverwood Healthcare Center's 3-year wellness initiative funded by an Allina Healthy Communities Partnership grant.

Mindfulness Coach: *Julie Anne Larkin, MA, CHWC participated in the Mindfulness-Based Stress Reduction program (MBSR) in 2004 and credits it for transforming her life. Subsequently she studied mindfulness through many traditions. In 2009 Larkin participated in a Practicum on MBSR at the Center for Mindfulness at University of Massachusetts Medical School to complete her graduate studies in Holistic Health at St. Catherine University School of Health in St. Paul. Love of the beauty and tranquility of the north woods drew Larkin to northern Minnesota where she currently resides on Hill Lake in Aitkin County.*