

MINDFULNESS II



When
TBD

HOW
Call the office to be placed on
the list of interest

COST
\$200 flat rate for all 5 classes.

Mindfulness II is for graduates of the 8-week MBSR program or an equivalent experience. It will provide opportunity to continue in mindfulness exploration and training by diving deeper into the principles of MBSR that are introduced during the 8-week program. Mindfulness II will be offered in an accessible format of five, 90 minute classes. The program would be offered online through Zoom using formal practice, didactic interactions and inquiry. You will need a device that has high speed internet, speaker, microphone, and video capability.

Topics we will explore include: embodiment, vulnerability, resilience (stress hardiness re-visited), interpersonal mindfulness (mindful listening/speech) and loving kindness/self-compassion.





Cognitive Health *Solutions*, LLC

MBSR Program Registration

Relax and Recharge Workshop

Mindfulness II

Mindfulness Refresher

Introduction to Mindfulness

Executive Coaching and Mindfulness

MBSR 8 Week Course requires a separate

PARTICIPANT INFORMATION:

Participant Name: _____ Phone: (_____) _____

Street Address: _____

City/State/Zip: _____

If under 18 years old:

Parent/Guardian #1 Name: _____ Relationship to Participant: _____

Parent/Guardian #1 Signature: _____

Parent/Guardian Phone: (_____) _____ E-mail: _____

Parent/Guardian #2 Name: _____ Relationship to Participant: _____

Parent/Guardian #2 Signature: _____

Parent/Guardian Phone: (_____) _____ E-mail: _____

PAYMENT:

Payment Method : Cash Check Credit Card

Visa/MasterCard/Discover #: _____ Exp. Date: ____/____ CVV: _____

Amount Authorized/Enclosed: \$ _____

Card Holder Signature: _____

All payments are final; there will be no refunds issued. Cancellations received after payment is made may receive a credit of the same amount applicable toward a future program. Please note that if you register and do not attend you are liable for full payment.

100 W. Eisenhower Drive, Hanover PA 17331

Contact to Register– Phone: 717-632-8400

Fax: 717-632-9300

Email: info@cognitivehealthsolutions.com

Website: www.cognitivehealthsolutions.com