

Mindfulness Refresher



Course Objectives

- Recognize the relationship between mindfulness and stress recovery
- Learn and practice using mindfulness to interrupt automatic habitual patterns
- Connect with others who practice mindfulness

Course Outcomes

- Continue to cultivate a mindfulness practice
- Develop skills for dealing more effectively with stress
- Experience more awareness and skillful responses for recovering from challenges
- Improve your sense of resilience and access to joy

Technology needed

- High-speed internet connection
- Device with speaker, microphone and video capability.

When
TBD

HOW
Call the office to get placed on the list of those interested.

COST
\$90 flat fee for all 3 classes.

The course consists of three, 1-hour classes. It will review mindfulness practices of concentration and open awareness that can lead to accessing the deep wisdom, well-being, and wholeness that reside within each of us.

Participants will engage in practices of mindfulness as well as revisit information on stress physiology. Resources for rejuvenating and/or deepening practice will be provided.



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