

Adult Mindfulness Learning Circle

Wednesdays
beginning on
October 3, 2018

4:00-5:00 pm

\$10.00 per session

(Discounted rate for Port
Chester-Rye Union Free
School District Educators:
\$5.00 per session)



**TO REGISTER, PLEASE
CONTACT FACILITATOR:**

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“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

-Jon Kabat-Zinn

Mindfulness is often referred to as a state or trait that gets enhanced with practice. We can learn to be more mindful by paying attention to what is coming in through our sense doors and our internal experience at given moment in time. We can cultivate mindfulness by increasing our awareness around attention and intention.

We welcome teachers, parents, community partners and staff to join us for a series of intentional conversations around mindful options for our busy lives. We will explore the basics of mindfulness; breath, body awareness, compassion and gratitude and how to apply easily accessible skills to our everyday challenges.

We will make time for the practice of mindfulness and space for reflection in support of the healthy habits of mind that we can all learn to cultivate.

This is an open class that is appropriate for beginners as well as more experienced meditators and we welcome you all!

