

Learn to Relax through Mindfulness Meditation

**Do you feel stressed? Overwhelmed?
Ever feel like you're living on automatic pilot?**

Fearing the future or regretting the past keeps us from getting the most out of each day.

Come learn, through this three part workshop series, about how the practice of Mindfulness can help you reduce stress and restore a sense of health and wellness in your life!



You will learn skills that allow you to be more present and focused in each moment and that have been shown to free individuals from automatic, unhealthy and unhelpful ways of thinking and responding. Learning mindfulness also helps individuals become more in control of their emotions and increases their level of compassion for themselves and others.

Facilitated by Abby Saneholtz, Psy.D. and Rose DeMoor-Peal, PhD.

Fee: \$90 for all three sessions

Please be sure to bring an open mind and stress you want to eliminate. Wear loose fitting, casual clothing.

Call our office at 727-725-8820 to sign up

Payment in full is required to reserve your spot



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