



A Day of Mindfulness and Self-Compassion

Join us for a quiet day of mindful sitting & walking meditations, mindful eating, some instruction & inspiration. This is a day of self-care, rest, renewal, & healing.

Saturday, March 30, 2019 9:30-3 pm

**Integrative Mindfulness
3372 Woods Edge Circle, Suite 102
Bonita Springs, FL 34134**

Mindfulness and Self-Compassion are proven ways to reduce stress and improve health and well-being.

This day retreat is based on the work of Jon Kabat-Zinn, Ph. D., developer of the Mindfulness-Based Stress Reduction (MBSR) program for UMass Medical School and Kristen Neff and Chris Germer, developers of the Mindful Self-Compassion Program at UCSD Medical School.

The cost for the day is \$45. Vegetarian potluck lunch. Bring something to share. Tea and water provided.

**Paulette Grotrian, Mindfulness Teacher
Graduate of the UMASS MBSR (J. Kabat-Zinn) and
UC at San Diego MSC (K. Neff) Teacher Trainings**

Please register early to reserve your space. Space is limited.

www.mindfulnesswithpaulette.weebly.com

****Email or Call mindfulnesswithpaulette@gmail.com or 734-276-7707.***