

Mindful Living and Stress Reduction at Crouse Hospital

Instructor: Pauline Cecere, LCSW

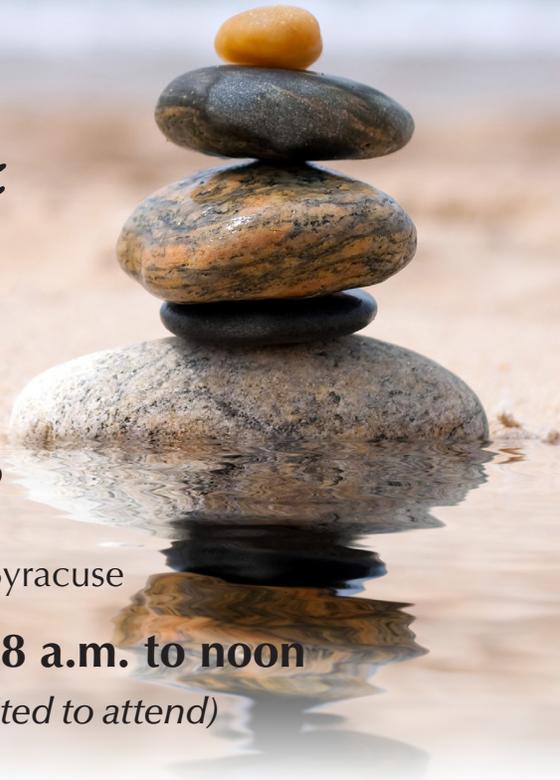
Dates: May 16, 23, 30 and June 6

All sessions 6:30 – 8 p.m.

Marley Education Center, 765 Irving Ave., Syracuse

Retreat date*: Saturday, June 1 • 8 a.m. to noon

(All previous Mindful Living alumni are invited to attend)



Four 90-minute sessions provide the core content in one streamlined program that offers continuity over four weeks. The course culminates in a four-hour Saturday retreat.

This program is structured to offer graduated experiences in mindfulness practices, combined with practical integration techniques that infuse our daily life with attention and discernment. Emphasis is on cultivating focus, concentration, insight and compassion which will benefit participants and their families.

Mindfulness-based programs are tried and true in promoting self awareness, equanimity, improved communications, empathy and compassion. These virtuous traits, combined with wise discernment, will help you lead a less stressful life.

Improved self awareness and mindfulness allows us to master our thoughts, choose our words and monitor and modulate our interactions with our family, friends and colleagues. *Mindful Living and Stress Reduction* allows us to peel away layers of conditioning and come to work with fresh perspectives and an open heart.

You will receive selected readings that support the practice and CDs for home audio guidance. You'll be encouraged to comply with home assignments and daily practice to get the most value from this training.

To learn more about the program, please contact Pauline at 315/655-3066 or email paulinec@frontiernet.net.

Registration deadline is May 9. Cost: \$200

*RSVP for the retreat is required. If planning to attend, please email scotttreatman@crouse.org or paulinec@frontiernet.net on or before May 23. To hold the retreat, a minimum of 10 participants is needed.

The personal benefits of this training include:

- decreased stress and situational anxiety
- more fluid adaptation to changing circumstances
- enhanced self awareness leading to heightened emotional intelligence
- improved focus
- reflection on current lifestyle and more choice points to make skillful decisions
- less emotional reactivity to circumstances that arise
- an improved quality of life (sorry, can't promise more quantity; might as well get the most out of the precious moments we do have)