

MINDFULNESS FOR HEALING & WELLNESS

A Spring Renewal

with
Marty Cottler, PhD

Saturday
March 24, 2012
9 am - 1 pm

Sierra Nevada
Memorial Hospital
Grass Valley

\$40
Includes
Intermediate-level
Recorded
Mindfulness
Practices

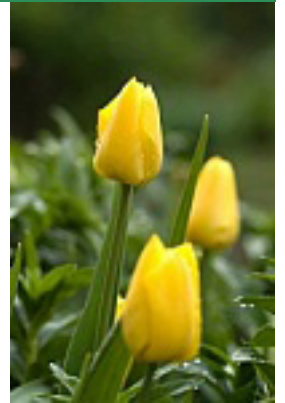
To Make a
Reservation
Contact Robyn at the
Wellness Center
(530)274-6124

robyn.eidson@snmh.chw.edu



Sierra Nevada Memorial Hospital
Wellness Center
A member of CHW

GIVING OURSELVES TIME TO BE, MINDFULLY



During Our 4-Hour Renewal

WE WILL PRACTICE:

- mindful sitting
- mindful walking
- mindful eating
- mindful communicating
- mindful stretching
- mindful compassion

WE WILL DISCUSS:

- how our practicing is going
- what obstacles we are encountering
- how stress is affecting our lives
- how we are using mindful practices to reduce stress
- how to apply mindfulness practices to specific problems

All of the *mindfulness* practices are suitable for everyone, including while using a wheel-chair, walker or crutches.

For over 30 years, Dr Cottler has counseled people who feel stressed, or who have diseases and disorders that are difficult to manage. In recent years, Marty has received professional training at the Center for Mindfulness in Medicine, Health Care & Society, University of Massachusetts Medical School. Marty maintains a counseling practice in Grass Valley (Ca LMFT6833). You can read more at: www.martycottler.com.

This is an Educational Workshop, and is not medical nor psychological treatment. If you have a medical or psychological disease or disorder, then please consult with a licensed medical doctor, counselor or psychologist.