

MINDFULNESS MEDITATION

FOR

HEALING & WELLNESS

with
Marty Cottler, PhD

TUESDAY
March 13, 2012
6-8:30 pm

**Sierra Nevada
Memorial Hospital
Grass Valley**

\$35
**Includes Downloading
the Recorded
Mindfulness
Practices**

**To Make a
Reservation
Contact Robyn at the
Wellness Center**

(530)274-6124

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Sierra Nevada Memorial Hospital
Wellness Center
A Dignity Health Member



No Prior Experience Needed ~ Learn the Basics!
“Seasoned” Practitioners ~ Reconnect To Your Practice

During this 2.5-Hour Workshop, we will:

- Practice Scientifically-Based *Mindfulness Meditations*
Sitting ~ Standing ~ Walking
Focused Attention ~ Choiceless Awareness
~ Self-Compassion & Loving Kindness ~
- Learn how to apply *Mindfulness Meditation* to
Stress Reduction and Wellness
- All of the *Mindfulness Meditations* are suitable for
everyone, including while using a wheel-chair, walker
or crutches

For over 30 years, Dr Marty Cottler, PhD, has counseled people who feel stressed, or who have diseases and disorders that are difficult to manage. In recent years, Marty has participated in professional training at the Center for Mindfulness in Medicine, Health Care & Society, University of Massachusetts Medical School. In addition to teaching *Mindfulness-Meditation* and *Mindfulness-Based Stress Reduction*, Marty maintains a counseling practice in Grass Valley (Ca LMFT6833). Dr Cottler can be reached at (530)272-2239, and you can read more at www.martycottler.com.

This is an Educational Workshop, and is not medical or psychological treatment. If you have a medical or psychological disease or disorder, then please consult with a licensed medical doctor, counselor or psychologist.