

Living Mindfully, an 8-Week Workshop

Coming on Sunday mornings, February 6 - March 27, 2022!

Taught live online, this 8-week program combines meditation practices with reflection, discussion, instruction and home practice for a deep learning experience. Guided meditations are provided in class and through videos to support home practice. A detailed study guide and journal are included to support your progress, providing instructional highlights, home practice, and links to the weekly meditations.

Week 1: Automatic Pilot (Sunday, February 6, 2022, 10:00 am – noon ET)

During the first week of the course, you will examine the experience of being on automatic pilot and begin to place prolonged attention on bodily sensations. You are introduced to the concept of mindfulness and explore the experience of eating mindfully.

Week 2: Barriers (Sunday, February 13, 2022, 10:00 am – noon ET)

You will continue to explore the effect of prolonged attention to bodily sensations and identify some of the barriers often encountered in attaining mindful awareness. You begin to examine the manner in which we experience and interpret our thoughts and feelings.

Week 3: Mindful Breath, Mindful Movement (Sunday, February 20, 2022, 10:00 am – noon ET)

The focus this week is on the experience of mindful movement and of paying attention to the breath. You will learn the differences between 'doing' and 'being' mode and practice attending to your moment-to-moment experience with curiosity and acceptance.

Week 4: Staying Present (Sunday, February 27, 2022, 10:00 am – noon ET)

As your meditation practice deepens, you will learn about the effects of stress on the body and mind and discuss the ways in which mindfulness can play a role in how you experience it. In addition, you will explore how the different events which occur in your daily life impact your thoughts, feelings and bodily sensations.

Week 5: Mindful Acceptance (Sunday, March 6, 2022, 10:00 – noon)

You will begin approaching difficulties with an attitude of acceptance in your meditations. Focus is given to the process of allowing what is present within us to be just as it is. You will learn to experience bodily sensations from a place of compassion and kindness

Week 6: Thoughts are Just Thoughts (Sunday, March 13, 2022, 10:00 am – noon ET)

Continue to explore the process of experiencing your internal world with compassionate acceptance, this week focusing on your thoughts. You will discover ways in which to question your thoughts and make room for alternate perspectives. The Mindful Living Action Plan is introduced, a tool which will provide support in carrying the practices and concepts learned in the course into your daily experience. Week 6 also includes instructions for a Personal Day of Mindfulness.

Week 7: How Can I Best Take Care of Myself? (Sunday, March 20, 2022, 10:00 am – noon ET)

You will determine a variety of ways to maintain a perspective of compassionate allowing of the experiences of your daily life and build on your Mindful Living Action Plan as you prepare for life after the course is completed.

Week 8: Acceptance and Change (Sunday, March 27, 2022, 10:00 am – noon ET)

As the course comes to a close, you will finalize the Mindful Living Action Plan, recognize the ways in which meditation and mindfulness practices might prove beneficial over time, and discuss how you will carry on with your practice moving forward.

Cost for the Living Mindfully 8-Week Workshop and all course materials: \$200.00

Email me for payment options at margokernen@peaceabilityllc.com

Participant Reviews

My experience with Margo is a 6 out of 5 stars. I had tried meditation a number of times but was never successful. Margo gives such a positive, varied approach that it is a very enjoyable experience. I looked forward to each session and developed a daily yoga practice with her help. She is a delight and a very inspiring teacher. - Beth D.

Working with Margo Kernen at Peaceability has been an absolute delight. I was new to mindfulness and meditation when I began taking classes. Margo is a patient and kind instructor who makes her students feel comfortable both as a beginner or with some experience. Margo is very knowledgeable about mindfulness techniques and strategies to help make the time spent incredibly worthwhile. She has a melodic and soothing voice which is a pleasure to listen to and to hear. I have been fortunate enough to work with Margo both virtually and in person. She is highly deserving of my highest recommendations. If you are a Mindfulness novice or even more experienced, Peaceability classes will work for you. I recommend you begin immediately! You will not regret the decision. – Anne V.

My experience with Peaceability was very positive. The course I took provided me with stress management strategies, tools, and techniques that I have applied in some manner EVERY DAY since. The instructor was very knowledgeable, provided in-depth explanations of the mind/body connections, and was very in-tune with the individual comfort and experience levels of all the students in the class. I have been able to use the understanding I gained about mindfulness; breathing exercises, reducing anxious/negative thought trails, etc., to experience life's events with a much calmer, less anxious, and overall happier outlook. Reducing your stressors might not be an option, but increasing your ability to manage stress in a positive way is absolutely possible! The benefits of bringing peace back to your daily life cannot be overstated!! I would highly recommend everyone check out the resources available through Peaceability. - Melanie R.

Over the past 3 decades (I'm 61) I've started and stopped MANY meditation courses & practices. It wasn't until I took the Peaceability course almost 3 years ago that I created a meditation practice that I actually follow. I can't recommend it highly enough! As with many meditation courses, there is a strong emphasis on self-acceptance and compassion, but Peaceability takes this focus farther, to a level I had never reached before. I believe it's the reason meditation finally "took" with me. Margo is a lifelong educator with great skills. She not only presents the information clearly and creatively, she also listens attentively and adapts to individual needs and circumstances. And she's deeply empathetic, a true healer, with a lovely sense of humor to boot. The course is simple, straightforward, and powerful. I am so glad I took it! - Naomi K.

I have taken Margo's Living Mindfully 8-week workshop and participated in many of her Sunday online guided meditations. The workshop is fantastic and honestly changed my life for the better. As a teacher, Margo combines high intelligence, great organizational skills, and spiritual understanding. She's able to explain challenging concepts with great clarity and insight, and she really understands where you're coming from, since she is an active practitioner of everything she teaches. As a guided meditation leader, Margo is excellent -- the content of her meditations is always wonderful and her soothing voice and delivery work really well. She thoroughly understands what she's talking about, yet is very down-to-earth and just a terrific person. Try one of Margo's offerings -- you'll be glad you did! - Heidi K.

Contact Information

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Margo Kernen is a highly experienced meditator and meditation teacher, a Certified Meditation & Mindfulness [Instructor](#) and a member of the International Institute for Complementary Therapists. A lifelong professional educator, she holds a BS in Secondary Education, and an MS in Community Counseling.