



## 4-Week Living Mindfully Meditation Workshop

With Margo Kernen, MS Ed, Owner, Peaceability, LLC

\$49 (For payment options: [www.peaceabilityllc.com/offerings](http://www.peaceabilityllc.com/offerings))

### Why Now?

In this time of unprecedented global and personal challenge and great uncertainty about what our future holds, meditation and mindfulness practices can help us access powerful inner resources to improve our ability to manage stress and maintain equilibrium and resilience in the face of change.

### Workshop Benefits

- Live, online workshop combines meditation practice with reflection, discussion, and instruction
- Improved understanding of the challenges and benefits of developing a personal meditation practice
- A detailed study guide with links to guided meditations provides support for your experience in the workshop and beyond

### What to Expect

Each class will begin with a brief guided breath awareness meditation and a check-in with participants. We will then move into instruction regarding a particular aspect of meditation/mindfulness combined with an extended guided meditation. Class ends with reflection, discussion, and home practice review.

### What People are Saying

“While participating in Margo’s Mindfulness Workshop I became much more aware of things I could do to bring mindfulness into many aspects of my daily living”

“Thank you so much for the course materials/meditations. The pace and class sharing were very reinforcing.”

“I was looking for a way to improve my sleep, focus and wellbeing. All three were found in this class. I highly recommend Living Mindfully and will use what I have gained moving forward in my life.”

“The instructor's kind and patient manner were incredibly helpful and positive. It was also helpful to hear the comments and insights of the others in the course. I highly recommend this course.”



**Week 1: Automatic Pilot – Noticing How the Mind Works**

**Week 2: Exploring Acceptance – Making Peace with the Present Moment**



**Week 3: Reclaiming My Mind – Understanding & Managing Our Thoughts**

**Week 4: Cultivating Peace & Compassion – Extending Practice To Our World**

To best accommodate student participation, class size is limited to 12

#### 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.