



4 & 8-Week Living Mindfully Meditation Workshops

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

Please contact me to schedule a class live online on Zoom for your business, organization, school or community.

Why Now?

In times of great change, meditation and mindfulness practices provide opportunities for us to transform from the inside out, developing powerful inner resources to improve our ability to manage stress and maintain equilibrium and resilience. Living Mindfully is an MBSR-based workshop which provides practical instruction, experiential learning and tools for establishing your personal practice.

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 to support your experience during 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. The 8-week workshop includes the development of a personal plan for continuing your practice.

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.”



4-Week Living Mindfully Workshop

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

Margo Kernen, MS Ed
margokernen@peaceabilityllc.com
www.peaceabilityllc.com



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.