

# ***We are excited to announce our next Mindfulness Based Stress Reduction (MBSR) weekend wellness event is coming soon!***

## **July 19-20 2014**



This powerful and transformational series on Mindfulness is designed for women of all ages looking to reduce stress, improve mind-body health, create a sense of calmness and focus to overwhelming situations, recognize feelings and emotions to keep them under control, and get more enjoyment out of life.

Visit our website for more information  
**[createtotalwellness.com](http://createtotalwellness.com)**

### **Weekend Wellness Highlights:**

- Morning Mindful Yoga
- MBSR Training includes: The art of mindful eating, Developing a calm and clear mind, Living in the Present Moment; Working with Emotions in Physical Pain, stress, anxiety and grief; Getting to know your Mind Traps; Cultivating Presence
- Body awareness meditations, group activities, and self reflection exercises
- Meditation wilderness hike
- Raw Food, juicing, and organic meals provided

**Location:** Temple of Light Spiritual Community Centre, 11 Goddard Irvine, CA 92618 & Thomas F. Riley Wilderness Park 30952 Oso Parkway Coto De Caza, CA 92679

**Schedule:** Saturday 7/19 8:00am - 3:00pm & Sunday 7/20 8:00am - 12noon

**Cost:** \$350 or Early Registration \$295 (register on or before July 1st 2014)

*MBSR is a form of complementary medicine which is clinically proven to improve mind-body health and address a variety of health problems, most of which stem from stress. Some of these illnesses include depression, anxiety, eating disorders, digestive disorders, insomnia, chronic pain, type 2 diabetes, insulin resistance, fibromyalgia, arthritis, ADHD, cancer, and heart disease. Each topic and exercise will help you develop skills and tools for managing stress, increasing positive emotions, and creating a successful life.*