



Mindfulness Meditation

Every first Tuesday of the month

6:00 – 7:00 p.m.

Call BCC at (650) 326-6686 to RSVP

Mindfulness Meditation is a practical tool to help us handle day-to-day circumstances. Learn how to draw on internal resources, reconnect with wisdom, live more fully in the moment, and gain an understanding of the mind-body relationship. Recognizing the relationship between the mind and body is vital to our health and well-being. There will be instruction, practice, and time to ask questions. Prior meditation experience is not required.

Topics

January 4 – not meeting

February 1 – Equanimity and Mindfulness

March 1 – Mindfulness and Pain

April 5 – Mindfulness and Emotions

May 3 – Mindfulness and Thoughts

June 7 – Mindful Movement

July 5 – Informal Mindfulness Practices

August 2 – Mindfulness and Forgiveness

September 6 – Loving Kindness and Compassion

October 4 – Mindfulness and the Breath

November 1 – Mindfulness and Body Awareness

December 6 – Mindfulness and Stress



Sharon Allen is a long time practitioner and teacher of meditation. She is a Health Educator, Stress Reduction Specialist and has taught classes at Stanford University, Kaiser, the YMCA, corporations, senior living centers, and many community centers. Her classes bring increased awareness of new options for handling our experience of life's ever-changing events.



Cheryl Branco, a mindfulness meditation instructor, is a Registered Nurse with a Master's in Transpersonal Psychology. Cheryl has been teaching mind-body medicine and Mindfulness-based Stress Reduction for many years. She teaches age-old practices of body, breath, and mind awareness along with current research on the effectiveness of these practices at Kaiser, the YMCA, the Cardiac Therapy Foundation, and in women's groups.

All BCC programs and services are free of charge

For more information, call (650) 326-6686 or visit us at www.bconnections.org