

GROWING THE GOOD

POSITIVE NEUROPLASTICITY TRAINING

*Six-session training opportunity to grow positive strengths in your mind
w/Mindfulness Instructor Jamie Lynn Tatera*



Grateful. Strong. Loving.

Due to our brain's negativity bias, we effortlessly notice and internalize the difficult moments we encounter in daily life. Conversely, the positive and beneficial experiences often pass through our awareness with no lasting neural change.

This six-week course is designed to help us learn to internalize and grow from the beneficial experiences we encounter in daily life. Deliberately grow the good so that grateful, strong and loving can move from passing states...to traits.

Class schedule: Fridays, September 6th thru October 18th (no class Sept. 27) from 9:30-10:30am

Instructor: Jamie Lynn Tatera, certified Mindfulness trainer

Location: Shorewood, WI (address given upon registration)

Registration: Register at <http://www.whollymindful.com/pnpt-registration.html>

"Jamie Lynn is an amazingly skillful teacher, clearly with much experience. She seems to have been born conveying the kindness, compassion, gentleness and humor that she brings to class" -Claudia Lipusch, MD

To learn more about Jamie Lynn's private practice and group trainings visit www.whollymindful.com or E-mail jamielynn@whollymindful.com.

