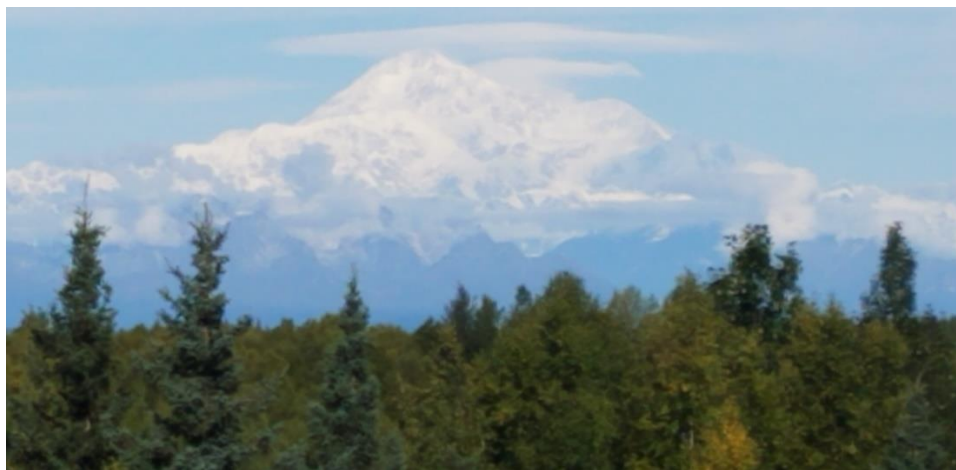


MINDFULNESS AND WELL-BEING

40 DAYS ON THE PATH TO WELL-BEING

A six-week Wholly Mindful™ course in research-based Mindfulness, Self-Compassion, Emotional Intelligence and Positive Neural Plasticity Training



Would you like to learn and share with others....?

- Strategies to deal skillfully with stress, anxiety and other difficult emotions
- Practices to calm the body and mind
- Skills to increase happiness, gratitude and well-being
- Mindfulness techniques to help focus attention in the present moment
- Self-compassion practices to encourage positive goals and self-kindness

FREE PREVIEW on Monday, January 7, 2019 at 9:30am—no registration needed for preview

Class dates and time: Mondays, January 14th- February 18th from 9:30-10:30am

Instructor: Jamie Lynn Tatera (Wholly Mindful)

Location: Jewish Community Center in Whitefish Bay at the Teva Yoga Studio

Registration: Call the JCC at 414-964-4444 or register at <https://jccmilwaukee.org/programguide>

"I have taken 2 Mindfulness & Self-Compassion courses and a Mindful Parenting class with Jamie Lynn (so far) and my only wish is that I had met her sooner! Working with Jamie Lynn, I have learned to be more present and connected in my daily life and interactions with my family and I have gained tools to help me feel more emotionally grounded and balanced." -Melissa S., Shorewood, WI



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

