



Adult class **Live Online**
Decrease anxiety and increase well-being
The Path of Resilience
Learn and grow in community with others

This training is a gateway to a healthier, more fulfilling life:

- Discover simple and practical applications of research-based mindfulness, self-compassion, emotional intelligence and positive neuroplasticity training.
- Cultivate compassion AND create space for curiosity and gratitude
- Practice presence, even in difficult times, with mindfulness strategies
- Learn to focus your attention in ways that heal and uplift
- Decrease anxiety and enjoy more resiliency, freedom, and joy

Instructor: Jamie Lynn Tatera (Certified Mindfulness Educator; Founder of Wholly Mindful)

When: 6 Monday mornings at 9:30am, starting April 13th, 2020

Location: Live online from the comfort of your home using the free Zoom app (simple installation)

Info and Registration: <https://www.whollymindful.com/the-path-of-resilience.html>

Pay-what-you-can-investment: Scholarship options are available on the payment page so that this class is affordable for everyone.

I always learn so much about myself through Jamie Lynn's classes. She masterfully creates a space where what I know meets what I believe allowing these to integrate so I can better live out of my true self.

-Brooke Talbot, Executive Director of REDgen

For More Information, visit WhollyMindful.com or contact:
Jamie Lynn Tatera at jamielynn@whollymindful.com or call 414-554-0067



A healthy mind leads to a happy life.