

The Power of Presence



Learn practical tools to help you “show up” for your one precious life, including:

- Training the wandering mind (focus)
- Understanding how to unhook from worry and other difficult mind states
- Grounding into the body as a way of accessing the present moment
- Mindful movement & mindful eating
- Cultivating curiosity and the power of choice
- Enjoying the good

Instructor: Jamie Lynn Tatera, certified mindfulness instructor

Location: Live online from the comfort of your home

When: Schedule this class for you & your family/friends (free 20 minute live-online intro session)

Comments from previous participants of The Power of Presence:

I'm so thankful to have taken [this] class. I feel that it has helped me to become a lot more patient especially with my children. -Anne S., Shorewood

The tools I have learned in this class have helped me through some very hard times. Learning to stay present and understanding the “stories” I tell myself has helped me cope in a calm and serene manner. I am grateful to have met Jamie Lynn and blessed to have completed this class with her. -Julie L., Fox Point, WI

Contact Jamie Lynn at jamielynn@whollymindful.com or call 414-554-0067 to schedule a class or a free intro session for you and your friends/family.



A healthy mind leads
to a happy life.