

FIND YOUR
BALANCE.
FIND YOUR Y.



Watertown Family YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
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watertownymca.org



INTRODUCING MINDFULNESS

Mindfulness essentials in
three one-hour classes.

Wednesdays
May 8th–22nd
5:30–6:30 PM
Space is limited



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TAKE CONTROL OF YOUR HEALTH AND WELL-BEING

Mindfulness Essentials in three 1-hour classes.

An effective introduction for people with no prior meditation experience. Learn how mindfulness can support you in everyday life.

The core 3-session program offers an introduction to mindfulness practice and theory in a format intended to be accessible to anyone new to mindfulness. Three key themes are explored:

Attention: Understanding the mind's natural tendency to be scattered and to wander; how we can train attention to create choices about where and how we place attention.

Knowing and Being: Exploring different ways of knowing and being; recognizing how much of our experience is shaped by our thoughts; that other more experiential and observing modes are available to us.

Responding not Reacting: Recognizing the difference between reacting and responding and developing ways to create the space to make choices between them.

Participants are introduced to basic mindfulness practices: Sitting Meditation, the Body Scan and explore mindful intentional appreciation and bringing mindfulness into personal interactions moving from reacting to responding.



Thomas Dowling

Qualified Level 1 Mindfulness Based Stress Reduction Teacher. Brown University School of Professional Studies, Providence, Rhode Island, 2022

Certified to teach the new Oxford Mindfulness Centre's (Oxford University, UK) program Introducing Mindfulness summer 2023.

Introduced to yoga and meditation as a teenager.

More than forty years' experience as a professional nurse specializing in mental health and addictions recovery.

Thirteen years as a psychiatric Nurse Practitioner.

Retired from active nursing in 2020.

Pursuing an encore career as a mindfulness educator.

BENEFITS OF MINDFULNESS

- A sense of more space or time in the day
- An ability to resource oneself in more challenging moments such as distractedness, stress or anxiety
- An ability to begin to respond throughout the day with greater clarity, compassion in ways that align with what's important
- Greater appreciation of what is pleasant and enjoyable in life

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Program Fees:**

Member: \$30.00

Non-Member: \$40.00

Military: \$35.00



To register or for more information
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