# Mindful Life

## A 6-week mindfulness course to improve the quality of your life

**Do you race from task to task in your life, wondering where the time went at the end of the day? Do you feel like you are just going through the motions of your life, chained to technology? Is your mind constantly reviewing your to-do list, even when you want to relax? If you answered yes to any of these questions, or simply have an interest in exploring the concepts of mindfulness and meditation, this course is designed for you.**

There is now a robust body of research showing that mindfulness can help with stress, anxiety, focus, depression, memory, self-esteem, relationship health, and productivity. How does it work? Brain imaging research shows us that a regular mindfulness practice can cause beneficial changes in our brain. Wow, that's impressive! What does this mean for day-to-day life? Mindfulness improves our abilities to manage stress and our emotional reactions, allowing us to be more fully present and engaged in our lives. It can also foster a better sense of clarity and balance. Are you curious to see what changes could happen in your life?

We will explore many aspects of mindfulness:

- Mindfulness meditation
- Mindfulness in everyday activities
- Breath and body awareness
- Emotional awareness and regulation
- Self-compassion
- Mindfulness for relationships

**Course Details**

**Dates and Time:** Thursday evenings, Sept 28 through Nov 2,2017, from 5:30pm—7:00pm.
**Location:** 8340 Meadow Road, Suite 224, Dallas, TX 75231.
**Cost:** $260, includes online guided meditations and a 15-20 minute one-on-one coaching session.
*Groups of 3 or more are eligible for a $25 discount each*

**To inquire or register, please call my office at 972.742.2186 or email me at doctorjen@jenniferhartman.com.**

*Note: This course is not a psychotherapy group and is not intended to serve as stand-alone treatment for mental illness or emotional problems.

Genuine Life
psychology & wellness PLLC