

MINDFULNESS MEDITATION COURSE

A practice of simply paying attention to your present moment experience in a particular way . . . without judgement, with curiosity and with a gentle awareness.

COURSE INFORMATION

WHAT:

- Often feel like your mind wanders and your attention is hijacked by your thoughts and emotions? Also, do you feel your perspective is clouded with biases that limit you from living your best life?
- Mindfulness meditation teaches you to tune in and relate to life's experiences skillfully so that you can make the most out of it.
- Why do you need a course to learn how to meditate?
 - Often times, people give meditation a try, then quit because they think it's not working.
 - The most common reasons for not having success are that people
 - have misunderstandings about the practice
 - haven't been taught the appropriate attitude when practicing
 - don't know how to overcome challenges that can arise
- Find out if this course is for you by *signing up for the first session. It's free!* There is no obligation to continue unless you choose to do so.

HOW:

- Taught by meeting once per week for six weeks. Each session lasts about 1-1/2 hours.
- Course Lessons:
 1. Focus & Have No Expectations
 2. Remain Curious
 3. Choose Kindness
 4. Open Monitoring & Don't Try Too Hard
 5. Handling Challenges
 6. Stay with It
- With each session, you will practice different mindfulness meditation techniques and be given an audio recording for each meditation technique.
- You have the choice of being taught one-on-one or you can create a small group of 2 to 3 people to learn together.

WHERE:

- Via Zoom in the comfort of your own home.

WHEN:

- Contact Lisa by emailing her at lisa@symmetryalliance.com to schedule your first session.

COURSE FEE

- \$299 for one-on-one online course.
- Discuss with Lisa the fee for a course for a small group.

INSTRUCTOR

Lisa Farrell, PT, PhD, AT,C is a seasoned meditator, a certified meditation and mindfulness instructor as well as a physical therapist and athletic trainer. She earned her meditation and mindfulness instructor certification from McLean Meditation Institute® in 2020, after extensive training & testing. With her rehabilitation practice, she has been treating adults with vestibular and balance problems for over 20 years of her 35-year career. In 2017, Dr. Farrell founded Symmetry Alliance, LLC, an educational organization established to promote mind and body health by offering learning experiences of the highest quality.