

PRESSURE? or Peace?

Mindfulness Meditation Designed for Stress-Free Living

Thursdays 7:30 – 9 pm, September 18-November 6
Takoma Park, 7034 Carroll Ave, basement level (in back)

Join this 8 week mindfulness meditation class if you are:

- feeling over-extended, stressed out or just plain tired,
- looking for a way to slow down and rejuvenate,
- craving time out from the kids,
- curious about meditation.

"Jeanine is a thoughtful, engaging instructor and facilitator. She inspired me to push myself, overcome the stumbling blocks, and learn something new that resonates into my daily life. Many thanks."

M. Hardiman, participant in meditation class at the American Psychological Association

Many of us are running on empty, overextended, doing a million things at once yet we have a sense that there is another way. Indeed, there is. Mindfulness meditation allows us to take charge of our overwhelming lives and decrease stress.

The skill that is honed in meditation is mindfulness, which is an exploratory mental state that allows you to be actively watchful, curious, and accepting of what is. Research shows that mindfulness meditation decreases stress, improves our overall health and well-being, and brings a sense of spaciousness so many of us are craving.

Intended for both new and experienced practitioners, this class will focus on key elements of mindfulness meditation:

- developing a stable posture which brings stability to your life,
- developing/deepening a regular meditation practice,
- guided meditations, walking meditation, eating meditation
- being present with anger, fear and other juicy emotions
- practicing peace in times of war.

In this class, we will shine the light of awareness onto ourselves with the spirit of curiosity and acceptance. During each session there is instruction on meditation, time for participants to ask questions and share, and a meditation period. The class is interactive in nature.



About the Instructor. Jeanine C. Cogan, Ph.D. is a long time student of Zen master Thich Nhat Hanh and teaches mindfulness meditation courses in the community, at professional conferences, and in the workplace. She has led workshops and day long retreats using mindfulness to reconnect with the body. Jeanine practices mindfulness with a sense of humor and curiosity and invites her students to do the same. For full bio go to www.CoganCoaching.com.

Cost is \$225 which includes a book/readings. Space is limited to 15 people.

To register email Jeanine@CoganCoaching.com or call (202) 352-3208.