

Life Coaching & Mindfulness with Lena Moser

When: April 4 (at the Holderness Library)
April 11 & 18 (Holderness Town Hall)
Time: 10-11:30am
Cost: \$25 per class or \$65 for all three
Please bring: your favorite journal, writing utensil
and water bottle.

Please register by April 2nd, 9th & 16th

Open to BOTH men and women



April 4th-Mindfulness Intensive

Research over the past 50 years has revealed that mindfulness reduces anxiety and depression, lowers high blood pressure, improves sleep, boosts your immune system, allows you to unhook from unhealthy habits, and even changes the structure and function of your brain. People who regularly practice mindfulness say that it fundamentally changes how they experience life, in a positive sense.

Join an experienced mindfulness meditation teacher to learn four simple mindfulness practices that you can use and adapt to your own needs: breathing (while doing anything), sitting, walking, and eating (yes—eating!). You will leave with an understanding of how to harness the benefits of mindfulness to actively bring relaxation into moments of stress. This workshop is ideal for anyone who wishes to cultivate greater inner peace, confidence, and emotional resilience while having a bit of fun in a safe, open, and conscious community.

April 11th-Gratitude Mandala

Expressing and practicing gratitude deepens our relationship with ourself, others, and the world.

Tapping into your creativity is a direct path to your soul. Awaken your creative spirit and brighten your mood in this simple, yet powerful workshop! Come to color, play, create, relax, and discover a new form of mindfulness—the Gratitude Mandala.

In this workshop, you will create your own, unique Gratitude Mandala. There are no rules! As you take the time to reflect on what you're grateful for through this

colorful practice, you'll find a true connection to each blessing and gift in your life. You'll experiment with different ways to depict what matters most to you, such as drawing petals and writing something you are grateful for inside each one, or using words in a circular formation. Come experience the shift in energy that comes from focusing on an "attitude of gratitude," which transforms your adversities into blessings.

April 18th-Cultivating Emotional Resilience

If you're a human being, chances are you've struggled with difficult emotions. We all do! The art of peaceful living is not in the absence of having challenging feelings but in being in wise relationship with them.

When we don't explore our own inner experience, our attention goes outward toward the other, and we blame or want others to change so we can feel better. But that will never bring us the lasting inner peace we long for.

Come learn another way of being with challenging emotions. In this workshop, we will harness the change-of-season energy to mindfully explore our emotional struggles. You will learn a specific mindfulness meditation for bringing greater awareness and consciousness to your difficult experiences. You will also learn a practice for shifting your focus away from reactivity to vulnerability and open spaciousness, which shifts you into empowered energy. This workshop is ideal for anyone who wants to explore a unique way of working with unhelpful emotional patterns, as well as anyone who simply wishes to find more calm and peace in the day-to-day so they can enjoy life more fully.