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*Developing the Qualities of Mindfulness* ©

*Do You Want To Develop a Meditation Skill that Will Promote:*

- Self-Compassion and Loving Kindness for Self
- Compassion and Loving Kindness for Others
- Curiosity
- Calmness/ Less Reactivity
- Wise Discernment

I am offering an 8 week class in *Mindfulness Meditation*, with an emphasis on developing the “*Qualities of Mindfulness*”. Learning to sit and observe helps one to be present in the moment, but does so much more, too.

In sitting and developing one’s sense of Mindful Awareness, certain qualities, which are both innate, and can also be encouraged and cultivated, begin to develop. These *Qualities of Mindfulness* become a place where we can live from, more and more, over time.

In time, they become more a part of ourselves, rather than our old reactive patterns.

This class combines *Mindfulness Meditation* Instruction with *Mindfulness-based Psychotherapy Techniques*, including: skills learned in Internal Family Systems, Ego States Work, and Sensorimotor Psychotherapy.

It is taught by Judith Prebluda M.A., L.M.H.C., Mindfulness-based Psychotherapist, Meditation teacher, and Reiki Master Teacher

Beginning: Monday 6-7:30 pm Medford, MA Sept 16, 2013

\$300 for the complete series

Please call: Judith Prebluda at: 781-640-1125 for more information