

BASIC MINDFULNESS FOR STRESS RESILIENCE

This four-week course provides a basic introduction to practicing mindfulness, based on part one of the Koru Mindfulness program developed at Duke University, and it is open to all ages from high school and up. This course shines the light of awareness on the neurobiology of stress and resilience and invites you to learn ten practices for increasing the state we call “mindfulness.” You can expect to expand capacity for stress resilience and experience the benefits in your personal, community social activism and/or professional life. Classes meet four times for 60 – 75 minutes each and learn mindfulness and meditation skills that have a positive effect on anxiety, depression, focus, implicit bias, memory, creativity, listening, sleep quality and compassion for self and others.

Course includes access to the Koru Mindfulness app. You are encouraged to purchase the recommended book, available at local bookstores (with ESC discount) or online.

This class is taught at your school or organization to the faculty/staff or classes/clubs.

Price \$1,200

BASIC MINDFULNESS FOR STRESS RESILIENCE RETREAT

This one-day retreat at the Earth and Spirit Center serves as the introduction or conclusion to the Basic Mindfulness for Stress Resilience Course. The retreat eases one into mindfulness practices. These practices include, breath awareness, dynamic breathing, walking and eating meditation, as well as Gatha and Loving Kindness. It allows each participant to relieve stress, and anxiety, while learning new ways to calm their bodies and minds.

Price \$40 per person