

# Living Mindfully \*

\*It's your life-be fully present for it

On this day-long retreat in a beautiful, natural setting learn to cultivate mindfulness in everyday life.

Mindfulness is a practice that helps us bring our full attention to the present moment. This present moment awareness is a powerful tool for calming the mind and reducing stress. Join us as we explore mindfulness practice and nurture body, mind and soul.

Saturday, December 7, 2013

from 9:00am to 3:00pm

Location: The Yurt Garden Retreat and Wellness

Center (located on 5 beautiful wooded acres only 10 minutes from Hampton Cove)

-learn to be fully present in each moment through various forms of mindfulness meditation

-learn to *respond* instead of *react* in stressful situations

-quiet the inner critic and practice self-acceptance

-explore the concept of mindful eating

-release shame and guilt through the practice of self compassion

-practice loving acceptance of the body you have *as it is* in this moment

Work is informed by Jon Kabat-Zinn's MBSR or Mindfulness Based Stress Reduction program

**Living Mindfully Retreat Cost : \$150.00 (lunch and beverages included)**

**Wear warm, comfortable, loose fitting clothes.**

**What to bring:**

-yoga mat

-blanket

-1 or 2 pillows

Please be mindful of others. This is a fragrance free event.

Workshop location: The Yurt Garden, 270 Shooting Star Trail  
Gurley, AL 35748

(The number of registrants is limited so register early)

**To register** detach and fill out form below, mail completed form with check (made out to Leila Nabors) to: 607 McCullough Ave. Huntsville, AL 35801

For more information contact either Leila Nabors (256) 682-2235 or Beth Cook (256) 653-1070. Also: [www.lifeworkshsv.com](http://www.lifeworkshsv.com)

**Facilitators:**  
**Leila Nabors, LPC**  
**and**  
**Beth Cook, LPC**

**Mindfulness Workshop Registration**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Best phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Circle one: Regular lunch

Vegetarian lunch