



# MINDFULNESS CLASS

**STARTING APRIL 12<sup>TH</sup> @ 6PM**

Why learn about Mindfulness? Many research studies have proven that the practice of mindfulness can literally change your brain and how it functions.

Some of the benefits of Mindfulness include:

- supporting self-regulation,
- improving effectiveness of decision making,
- allowing us to be in the moment, and
- reducing stress levels.

Learn what mindfulness is about & how to practice mindfulness. This 6-week Mindfulness class will provide skills taught in Dialectical Behavioral Therapy that you can put into practice right away. Lessons will include, how to reduce suffering and increase happiness, increase control of your mind and experience reality as it is.

Call us at **(816) 368-2000 ext 1003** to sign up! Limited seats available.

“Mindfulness has to do with the quality of awareness or the quality of presence that a person brings to everyday living.” (Linehan, M. M., 2015)

Harvard Health Publishing. (2017). Mindfulness meditation may ease anxiety, mental stress. *Harvard Health Publishing*. Retrieved from <https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-2014.01086967>.

**LEARN ABOUT  
MINDFULNESS**

**REDUCE PAIN,  
TENSION AND  
STRESS**

**STOP LETTING YOUR  
MIND BE IN CONTROL  
OF YOU –**

MARSHA M. LINEHAN

**EXPERIENCE THE  
REALITY OF YOUR:**

**- CONNECTION TO  
THE UNIVERSE,  
- ESSENTIAL  
“GOODNESS” &  
- ESSENTIAL  
VALIDITY –**

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*The Center for  
Healing & Recovery*

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