



<http://www.mindheart-space.com/>

Six Week Schedule:

March 18th: Mindful Breath and Anchor Words

April 1st: Body Scan

April 8th: Distinguishing Thoughts from Emotions

April 15th: Cultivating Gratitude and Kindness

April 29th: Relating to Others

May 6th: Mindful Eating



Please register at:
www.typeayoga.com

Time: Fridays at 5:30pm

Location: Type A Yoga
815 Marina Vista Ave,
Martinez, CA 94553
925-274-9642

Mindfulness 101:

A **six-week** class to reduce stress, increase focus and self-awareness, and overall sense of well-being.

Adrienne Lopez is a Certified Mindfulness Practitioner, a trained Non-Violent Communication Practitioner, and a Certified Hypnotherapist (CHT). Currently serving as a middle school teacher in Pleasant Hill, she is working to provide awareness practices for her students, staff, and local community. Questions? [Contact instructor: 925-852-9442](mailto:contact@mindheart-space.com) or contact@mindheart-space.com

In his book, *The Mindful Brain*, Daniel Siegel outlines the different aspects of well-being that are developed by stimulating the prefrontal cortex through mindfulness (Siegel, 2007). Some of those aspects include:

- **Body Regulation:** the state of coordination and balance between the brakes and accelerator of the nervous system. When our body is regulated, our level of alertness and energy is appropriate to the setting.
- **Self-Awareness:** our sense of ourselves, creating a coherent life story by connecting present awareness, our life story, and images of the future. This is a key to building positive social connections.
- **Emotional Regulation:** emotional experience that is appropriately activated, so life has vitality and meaning. When emotions are dysregulated we become overwhelmed and emotionally chaotic. When emotions are not regulated we may experience stagnation or depression, a sense that our life is not meaningful.
- **Fear Modulation:** our ability to calm and soothe, or even unlearn our own fears.

Mindfulness is an awareness practice that builds the fundamental capacity to sustain increased levels of self-awareness that result in greater well-being!

Six Week Course Fee: \$125.00
Type A Yoga members enjoy 20% off
Sign up today!