

**EASTLAKE FITNESS - 2228 EASTLAKE AVE EAST, C**

# MINDFULNESS

## FOR EVERYDAY

# L I F E

Mindfulness can be defined as paying attention to the present moment, on purpose, nonjudgmentally. The wisdom of mindfulness spans religious and philosophical traditions around the world. Recent science has shown that a regular mindfulness practice can reduce stress, increase immune function, decrease pain, improve focus and productivity, and physically change your brain for the better.

Developing mindfulness can be done on your own. However, like many things, can be much easier with experienced teacher and a community of fellow students for support.



## **Justin Whitaker, PhD**

Justin has a doctorate in Buddhist ethics from the University of London and has taught in colleges and Buddhist monasteries in the US, England, India, and China. He has 17 years of experience with meditation in a variety of settings, both religious and secular. He is a Certified Meditation Teacher and is the founder of Mindful Montana and co-founder of the Guideful Meditation Platform.

**WORKSHOPS SEPT 30 / OCT 1, 1:30-3:30 PM, \$40**  
**6-WEEK COURSE, TUESDAYS 8-9:15 PM**  
**STARTING OCT 3 \$120 (W/ WORKBOOK)**

Discover simple tools for meditation practice & mindful living.

**SEE MORE AT [WWW.SILAMINDFULNESS.COM](http://WWW.SILAMINDFULNESS.COM)**