

Mindful Aging

Starts Oct. 8 | Every Thursday | 2:30 pm - 4:00 pm

Register Here: <http://bit.ly/mindful-aging>



Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment.

Designed specifically for older adults and facilitated by Bed Hermin (MA in Expressive Arts Therapy and experienced Buddhist practitioner), this eight week course is an introduction to mindfulness-based practices within the context of the aging process.

Weaving traditional mindfulness methods with history, biology, and psychology, Bed Hermin guides participants in a multifaceted learning experience within a supportive and caring environment. The course aims to cultivate a healthy and positive relationship to the body, mind, and spirit.

Each class session includes a presentation, group sharing, and the opportunity to try different methods such as meditation, tai chi, yoga, music, sustainable compassion practice, and guided imagery. There are many different ways of entering into the space of peaceful awareness and embracing the natural flow of life; all are welcome to experiment and learn!