

The Mindfulness Initiative Monthly Meditation Course

June Focus: Open Awareness

Each month, The Mindfulness Initiative offers Monthly Meditation Courses to teach participants how to practice meditation as well as how to apply the practice to their everyday lives.

Each class includes a guided meditation as well as discussion and tips for practice. Participants are supported with optional guided meditations for at-home use as well as additional resources for those interested in exploring the practice outside of class.



In June, we learn how to stay connected to the present moment through awareness of physical and mental experiences. We learn to see both external and internal experiences more objectively so that we are able to respond wisely rather than react habitually. Some of the many benefits of this practice are decreased pain and stress, increased emotional regulation, improved sleep, improved immunity and increased sense of wellbeing.

Participants are encouraged to attend at least 2 classes per week, but are invited to attend as many as they

CLASS SCHEDULE (effective: JUNE 1-30*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15 - 7:45 a.m. Studio 2	7:15 - 7:45 a.m. Studio 2			
11:30 a.m. - noon Studio 2	11:45 a.m. - 12:15 p.m. Studio 2	11:35 a.m. - 12:05 p.m. Studio 2	11:30 a.m. - noon Studio 2		11 - 11:30 a.m. Studio 4
	7 - 7:30 p.m.* Cardiac Rehab	7:35 - 8:05 p.m. Cardiac Rehab	7 - 7:30 p.m. Cardiac Rehab		

***There is no 7 p.m. class on Tuesday, June 11. All other classes will occur as scheduled.**

Fees: Members \$37; Nonmembers \$47

Buy your monthly meditation pass for June at GalterLifeCenter.org under the My Wellness tab or at the Courtesy Desk from May 20 to June 7. Fees will not be prorated at any time.

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact **Kayla Kulans** at **773-878-9936, ext. 7342** or **KKulans@SwedishCovenant.org**



5157 N. Francisco Ave.
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The Mindfulness Initiative

The Mindfulness Initiative offers a variety of programming on mindfulness practices as well as how to apply the principles of mindfulness to everyday life. Whether you're new to mindfulness practices, want to learn new practices, or want to be a part of a program and community that supports an ongoing mindfulness practice, the Mindfulness Initiative has something for you!

Evidence-Based Benefits of Mindfulness:

- Decrease Stress
- Improve Resilience
- Lower Blood Pressure
- Decrease Physical & Mental Pain
- Reduce Inflammation
- Decrease Severity of Symptoms
- Increase Emotional Regulation
- Improve Immunity
- Help Treat Depression & Anxiety
- Slow Age-Related Brain Deterioration
- Help Prevent and Slow the Progression of Alzheimer's and Dementia
- Improve Self-Control, Memory, Learning, Creativity and more!

Join the Mindfulness Initiative today and experience the benefits for yourself!

Monthly Mindfulness Meditation Course

The Mindfulness Initiative offers month-long meditation courses on various mindfulness meditation techniques. These courses are great for beginners and experienced meditators alike!

Other Mindfulness Initiative Programming

Coming soon! As part of the Mindfulness Initiative, Galter LifeCenter will be offering special classes on how to apply mindfulness to everyday activities like eating or going for a walk, using the breath to calm anxiety and stress and more!

For more information on the Mindfulness Initiative, visit GalterLifeCenter.org

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