



Mindful Living

Providing mindful solutions to dealing with the stressors of life through workshops, 8-week classes, and one-on-one intensive coaching.

Mindfulness-Based Stress Reduction and Mindful Nurturing Parenting

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We can only change that which we are first aware of.

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”

~Jon Kabat-Zinn



Mindfulness-Based Stress Reduction Course Evaluation Comments:

“I felt very much supported in developing a practice that works for me! The techniques that were introduced are so simple that even I can remember them and the Mindfulness of Breathing has become my favorite way to feel grounded. I have been able to practice all of the techniques presented in multiple settings. Including while driving, walking and flying in a plane.”

“If it was possible I’d like to take this course every week for the rest of my life! It was so helpful for me and was such a treat to be in a positive environment in which to learn and practice.”

“This practice is/can be life changing. I especially appreciated the balanced information presented. The combination of longer meditations with short in-the-moment meditations/practices makes for a way to practice more easily in our busy lives.”

“The simple practices, like RAIN, are so easy to remember and use. It is nice to have a number to choose from! These have been so helpful, in the middle of the night when I wake up with one story or another, or with some strong emotion. Having the practices available to me helps me get a much better night’s sleep!”

“I have learned to stop and be in the moment. The breathing techniques you have taught us are very, very helpful. I also like that we have been taught short techniques along with the longer meditations. Throughout the day I have used both.”

Mindful Nurturing Parenting Class Comments:

“I actually feel like I can do this! I was afraid I had ruined my child’s childhood, now I know I can do better and life will be better for all of us.”

“I am amazed at how much more confident I am parenting my three children. I always thought I was doing a pretty good job...now I know how to be awesome—and my kids are so much happier with the new me!”