

“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, creator of Mindfulness-Based Stress Reduction

The American Psychological Association reports 8 out of 10 people experience some form of physical and/or emotional issues related to stress.

Mindfulness is a powerful, scientifically proven resource for breaking free from harmful emotional ruts and mindless habits in order to live with full awareness and greater freedom.

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

Mindfulness is a life preserver of resilience that increases our ability to recognize our internal experience of mind, body, and thought. This recognition can lead to greater clarity of thought, less chaos in our day-to-day lives, and allows us to learn to direct where we place our focus. Exploring acceptance, non-judgment, non-striving, gratitude, generosity, and more can lead to self-discovery, personal growth, and inner healing.

Mindfulness is a practice in ‘being’ rather than one more thing that needs doing.

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Mindful Living services are offered at various rates, based on the type of delivery: multi-week course, full-day workshop, or one-on-one instruction.

Visa, MasterCard, Discover, American Express, cash and checks are accepted. Secure on-line payment.

## Leslie Wall, Coordinator

*Certified:*

- Cognitive Behavioral Therapy (CBT)
- Mindfulness-Based Stress Reduction (MBSR)
- Mental Health First Aid
- Mindful Nurturing Parenting Instructor
- Family Teacher
- Suicide Prevention

Leslie has over 20 years of experience working with children, families and individuals, and facilitating small group discussions, classes and workshops.

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# Mindful Living



*Providing mindful solutions to dealing with the stressors of life to*

*enhance wellness,*

*improve parenting,*

*support healing,*

*and strengthen relationships with your partner, children, friends, coworkers, and yourself.*

[www.PlumasRuralServices.org](http://www.PlumasRuralServices.org)  
530-283-3611

## Mindfulness-Based Stress Reduction

The 8-week Mindfulness-Based Stress Reduction course is appropriate for anyone wanting to explore mindfulness and its potential benefits in their lives.

The course is designed to introduce mindfulness through a variety of practices, practical tips, exercises, and resources. The course is offered via private video conferencing for individuals and groups.

## Mindful Movement

This private one-on-one course is designed to support and expand on the foundational practices and techniques that were covered in the Mindfulness Based Stress Reduction course.

Emerging research suggests several important benefits of slow, mindful movement practices including:

**REGULATION** - Emotional, Metabolic, Nervous System, Immune System, Pain Response, and Body Temperature

**OVERALL WELLNESS** - Improve Energy/Reduce Fatigue, Adapt to Stressors, Build Resilience, Release and Heal Trauma Energy

The course will introduce strategies for developing a personalized daily practice that combines mindful meditations, body awareness, and breathing techniques with slow movement and stretching.



## Mindful Co-Parenting

The 7-week Mindful Co-Parenting class is designed for parents who have

separated, yet intend to parent their children together. The private video conference allows parents to attend separately, together.

The class will assist with the development of a written Co-Parenting Plan and offers concrete support for relationship development, positive communication, and emotional healing.

## Mindful Nurturing Parenting

The 8-week Mindful Nurturing Parenting course is offered throughout the year via private video conferencing, making it accessible and easy for parents to attend.

Mindful Nurturing Parenting classes are appropriate for everyone—parents, foster parents, grandparents, teachers, CASA volunteers, and anyone wanting to interact with children more mindfully and with less stress.

## Mindful Parenting of Teens

The 7-week Mindful Parenting of Teens class is designed to provide concrete support to parents navigating the challenging teenage years.

## Mindful Relationships

These private weekly sessions are designed to promote healthy relationships through topical discussions, mindful strategies and the cultivation of personal awareness techniques.



## DV Awareness

This 21-session course is appropriate for anyone who has experienced Domestic Violence - either as a perpetrator, victim, or witness.

The class will offer mindfulness-based strategies and techniques to address the trauma from domestic violence, and will provide concrete support for understanding the cycle of violence and how domestic violence affects men, women, and children.

## Private Sessions

Private sessions are available to address personal challenges, stressors, and life situations. Individual sessions can be customized to address unique needs and includes hand-outs, resources, and on-going support.