



# Mindfulness with Mallorie

Thursday's  
From 7:00 p.m. - 8:00 p.m.

**Mindfulness** can be defined as a **mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a *therapeutic technique*.**

**How to Attend:** If you are interested in joining this group please use the contact form at the website [www.therapywithlillyana.com](http://www.therapywithlillyana.com) to register and you will be provided with the link and phone number/meeting ID for the group. At the time of the support group you are responsible for either going to the link that was provided to you if you are using a computer/smart phone, or by calling the toll-free number and when prompted, enter the Meeting ID number associated with the phone number. If you do either of those methods, you will automatically be connected to the support group!

**NOTE: Some insurances accepted and pay-what-you-can options available**

These are support group sessions where participants will learn to explore the benefits of mindfulness and will take home tools and techniques to practice and use in everyday life.

## What we will practice:

- ◆ Guided Meditation
  - ~ Sitting Meditation
  - ~ Body Scan Meditation
  - ~ Walking Meditation
- ◆ Mindful Listening
- ◆ How to Live in the Moment
- ◆ Breathing Techniques
- ◆ Group Sharing/Reflection

## Potential Benefits:

- ◆ Reduce Stress
- ◆ Improve Sleep
- ◆ Reduce Chronic Pain
- ◆ Lower Blood Pressure
- ◆ Cultivate Self-Acceptance
- ◆ Banish Temporary Negative Feelings
- ◆ Improve Attention

**LEARN HOW TO:**

**BE PRESENT. BE AWARE. BE NON-JUDGEMENTAL.**