

Mindfulness for Anxiety, Worry, Depression & Pain

Learn to use mindfulness to stop your brain from working against you.



Want to learn how to meditate and practice mindfulness?

After this 4-week course, you will know how to identify thoughts and feelings that cause tension in the body and what to do with them in order to relax both mind and body. You will learn the three most powerful paths of meditative practice that are specifically designed to reduce your daily suffering and help you immediately feel better. When the pain is high and you feel overwhelmed, bring yourself back to a state of calm by practicing the skills taught in this training.

REGISTER



Scan the QR code

with your smartphone or visit:

<https://themindful-e-center.com/courses/327/enroll>



Available on your smart phone, tablet, or desktop.

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.