

# Starter Kit in Mindfulness

Learn to practice mindfulness with this intro course.



The Mindful Center

Available on your smart phone, tablet, or desktop.

## Want to learn how to meditate and practice mindfulness?

With this 3-part starter kit course, you will get an easy to understand intro course into the practice of Mindfulness Meditation. Each part in the series comes with downloadable guided meditations to start and sustain your practice, as well as weekly assignments to help you set up a proven approach to using mindfulness for stress reduction. You'll get **clear instruction, practical guidance, and real life strategies** to help you experience the benefits of mindfulness.



### 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.



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