



Advanced Practice Mindfulness Group

Previous experience using mindful awareness techniques is recommended but not required; average meditation is 30- 40 minutes.

- Learn how to cultivate mindful awareness by living more fully in the present moment without judgment
- Gain an understanding of the stress response and the relaxation response
- Learn new ways to manage stress
- Practice mind-body, mindfulness, and relaxation-based techniques
- Explore various types of breathing techniques (pranayama)
- Engage in mindful movement and trauma-sensitive chair yoga techniques
- Share your experiences with other veterans through mindful inquiry



When:
Tuesdays
2 - 3 p.m.

Where:
VVC

link will be sent prior to each session

Register:
Please call the Whole
Health Dept. to register at
x 4325 or x 6095



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Lebanon VA Medical Center