



Mindfulness Classes with Joy Jordan

Mindfulness 101: This 5-week course includes formal instruction on meditation, current research on mindfulness, tools to work with difficult emotion, methods for cultivating positive experience, paths to self-compassion, and suggestions for informal, everyday practice. The elongated time-frame lets students fully engage and form new habits.

Mindfulness 201: When students practice mindfulness, it awakens their inner wisdom and awareness, yet it's easy to stop practicing—we often resist the very habits that bring us ease and healing. This second 5-week course re-establishes practices of meditation and mindfulness, and provides new instruction on self-compassion, inner-reflection, meditation, and everyday mindfulness practices. (*The course is reserved for people who've taken Mindfulness 101.)

Mindfulness for the Holidays: Though holidays bring celebration and connection, they also bring stress and busyness. It's possible to *slow down* during the holidays: to focus on what's most important; to savor the moments. This one-night workshop provides guided meditations and practical suggestions for bringing more awareness, space, and love to the holidays.

About the teacher: Joy Jordan is both a teacher and student of mindfulness. She left her 20-year academic career, not knowing what was next. Now she lives, teaches, writes, and photographs through the lens of mindfulness.

LOCATION: Scheig Center, 1313 E. Witzke Blvd., in Appleton Memorial Park. (9/26 will be held at the Parks, recreation and facilities office at 1819 Witzke Blvd.)

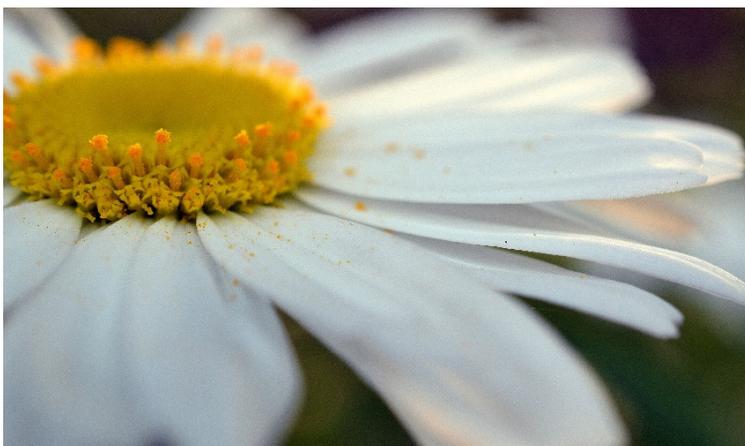
FEE: \$45/session (except \$15 for the one-time Holiday Mindfulness workshop)

CLASS	AGES	DAY	DATES	TIME	CLASS #
Mindfulness 101	19+	Tuesday	September 19-October 17	5:30-6:30 p.m.	414715-T1
Mindfulness 201*	19+	Tuesday	November 7-December 5	5:30-6:30 p.m.	414715-T2
Holiday Mindfulness	19+	Tuesday	December 12	5:30-7:00 p.m.	414715-T3
Mindfulness 101	19+	Tuesday	January 9-February 6	5:30-6:30 p.m.	114715-T1
Mindfulness 101	19+	Tuesday	February 20-March 20	5:30-6:30 p.m.	114715-T2
Mindfulness 201*	19+	Tuesday	April 10-May 8	5:30-6:30 p.m.	214715-T1

Registration

Register in person at: City Hall, 100 N. Appleton St., 1st Floor Customer Service

Register online at: www.appletonparkandrec.org



If you have questions, please call
Appleton Parks and Recreation at
920-832-5905.