



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 Boost for Summer

Summer is an abundant yet busy time. It's helpful to boost our inner resources before we enter the beautiful and frenetic summer season. This 90-minute mindfulness session provides a safe space to show up as-is, attend inward, and just be. We'll actively practice—meditation, reflection, and expressive writing—as well as discuss mindfulness for daily life. *It's possible to bring more peace, ease, and happiness to the summer months.* No special equipment, clothes, or experience necessary. Show up just as you are.

About the teacher: Joy Jordan is a former statistics professor who now teaches meditation and mindfulness. Her work takes her into prison, corporate offices, schools, and non-profit organizations. Joy tries to live life with a curious mind and an open heart, which means her most important work is on the meditation cushion.

LOCATION: Scheig Center, 1313 E. Witzke Blvd., in Appleton Memorial Park.

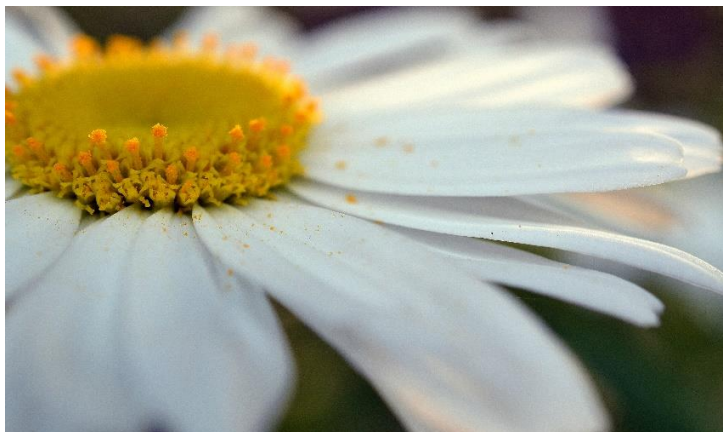
FEE: \$45/session (Mindfulness Boost costs \$15)

CLASS	AGES	DAY	DATES	TIME	CLASS #
Mindfulness 101	19+	Tuesday	February 20-March 20	5:30-6:30 p.m.	114715-T2
Mindfulness 201*	19+	Thursday	April 19-May 17	5:30-6:30 p.m.	214715-T1
Mindfulness Boost	19+	Tuesday	May 15	5:30-7:00 p.m.	214715-T2

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.