

Morning of Mindfulness

The opposite of living on autopilot is *Mindfulness*, the practice of living in the present moment. It sounds simple but is challenging in a hurried, often stressful world. Explore the concept and practice of mindfulness as a way to reduce stress and live more fully. Guided by psychologist and student of mindfulness, Dr. Lori Boothroyd, you'll move beyond its theory and history to experience mindfulness in every day practices like eating, moving, and breathing.

Lori Boothroyd, Ph.D., is a licensed psychologist and an ICF professional certified coach specializing in wellness and whole health psychology. She has taught corporate wellness programs and is currently in private practice and an adjunct professor in Holistic Health at WMU. For the past two years, Dr. Boothroyd has studied Mindfulness which has included work at the Omega Institute and U. Mass Medical School.

Fri., May 20, 9 a.m.-Noon
Oleson Center Rm. A/B
Instructor: Dr. Lori Boothroyd
Cost: \$49 Code: 11636



Extended Educational Services

NMC | Find it here.

nmc.edu/ees

Weather permitting, a portion will take place outdoors. You're invited to bring a blanket/mat and pillow for an experiential segment. The wooded and relaxed setting of the Oleson Center adds to the day.

✂️ -----
Registration Form - A Morning of Mindfulness

Name _____ Birthdate _____
Street/City/State/Zip _____ County _____
Phones: Day _____ Home _____ Cell _____ Male Female
email address _____
Method of payment: Cash Check (Payable to NMC) I'm eligible for the LIFE Discount (Age _____)
VISA, MasterCard, Discover No. _____ CCV (3-digits on back of card) _____
Cardholder's Name _____ Exp. Date _____

There are three ways to register:

Code: 11636

In Person: EES Office at NMC's University Center Campus, Cass Road, between 14th St & S. Airport Rd.

Phone (credit card only): 231-995-1700 or 800-748-0566, ext. 1700

Mail: NMC-EESD, 1701 E. Front Street, Traverse City, MI 49686-3061

NOTE: We do not mail receipts/confirmations. Please call to verify that your registration has been received.

Refund Policy - A 100% refund will be given if a request is made three (3) business days prior to the first class.