

A Taste of Mindfulness

"Mindfulness" describes the practice of living in the present moment. It may sound simple but is often challenging in our harried, stressful world. Give yourself an afternoon to explore the art and science 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 the theoretical concepts to the actual experience within everyday practices such as eating, moving, and breathing.

Lori Boothroyd, Ph.D., is a licensed psychologist specializing in stress reduction and whole health psychology. She maintains a private practice and is an adjunct professor in Holistic Health Care at WMU. A long time practitioner of Mindfulness Meditation, Dr. Boothroyd is a teacher trainee for Mindfulness Based Stress Reduction, which has included work at the Omega Institute and the Center for Mindfulness at the University of Massachusetts.

Fri., Jan. 27, 1-4:30 p.m.
Oleson Center Rm. A/B
Instructor: Dr. Lori Boothroyd
Cost: \$55 Code: 11731



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Educational Services**

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Registration Form - A Taste 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: 11731

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.