

NEW AT NOURISH

Loving Acceptance

A Foundational Mindfulness Practice

Find renewed connection to your inner stillness

- five Wednesday evening mindfulness classes.
- engaged, foundational experience of mindful awareness practices
- meditations, community building, experiential learning, and discussion.
- options for floor and/or chair meditation. All equipment provided

In honor of Valentine's Day, we will focus this series on practices that support warm care toward self and others.

February 11 - March 11

Wednesdays, 7:30-8:45pm (promptness please)

\$75/ \$70 if you register on or before February 9



Jamie Derrick, Ph.D., Certified Mindfulness Instructor, UCLA Mindful Awareness Research Center. Jamie is an experienced instructor who brings a unique blend of structure and play to her meditation classes. She is a licensed Psychologist, university professor, and longtime student of contemplative practices. She will create a learning community to support finding moments of ease and clarity. All are welcome.



www.nourishyoga.net 206 South Main Street 208-596-7040

