

Appointment with Life

The past no longer is. The future has not yet come. Life, happiness, and peace are available only in the present moment.

The course centers on developing our ability to enjoy calm and ease in life, and to live fully in every moment. This ability is developed by cultivating **mindfulness** – a non-judgmental moment-to-moment awareness of what is going on in our body and mind and in the world around us, by tuning into our breath and to every other aspect of our life. Staying in touch with ourselves and life in this intimate way, we begin to gain clarity, to feel less stuck and to discover more options and possibilities in life....

The course aims to assist you in taking better care of yourself and in living life fully. At the end of the course, you will gain:

- ✓ an increased ability to relax
- ✓ an increased ability to live life more openly and less reactively
- ✓ greater appreciation of and enthusiasm for life
- ✓ an increased ability to cope more effectively with stressful situations

The course is a seven-week program comprising of two-and-a-half-hour classes and daily home practice. The weekly session will provide teaching of simple techniques: body awareness, mindfulness meditation, walking meditation, eating meditation, and mindfulness in daily activities as well as other modules relevant to living with stress.

To get the most out of the course requires a strong commitment from you. You will be required to make a commitment to yourself to do 30-45 minutes of daily mindfulness homework and/or relaxation exercises during the course of the seven-week program.

Date & Time: July 5th to August 16th, Saturdays, from 2:30pm – 5:00pm.

Fee: \$380. This fee includes a seven-week program (6 weekly two-hour classes and a full day mindfulness workshop), learning materials and relaxation CDs.

Your teacher

Dr. Yuk-Lin Renita Wong. Dr. Wong is an associate professor teaching at the School of Social Work at York University. She has practiced mindfulness meditation for 10 years and has conducted workshops on mindfulness.