

## Foundations of Mindfulness

meditation practice for everyday life

Charlotte Bell, Yoga Alliance E-RYT-500

Thursdays, January 5 to February 9, 2012

5:00 to 6:00 pm

IWKI • 865 East 500 South

Mindfulness meditation is based in the traditional practice of vipassana meditation. Vipassana means "clear seeing." Mindfulness practice teaches us how to see and be with our lives as they are. We learn to be present with our thoughts, emotions and conditioned patterns. When we become aware of the thoughts, emotions and patterns that "catch" us, we realize we have the power to transform those patterns that no longer serve us. In the process of dismantling our illusions, we begin to see more clearly into the inspiring truth of who we really are. Mindfulness is for everyone seeking to live a more peaceful, harmonious life.

### You will learn:

- how to sit comfortably
- sitting, walking and standing meditation
- the four foundations of mindfulness
- an introduction to lovingkindness meditation



**From Charlotte:** I began practicing mindfulness meditation in 1986 with my main teachers, Pujari and Abhilasha of the Last Resort in Cedar Breaks, Utah. Since then I have sat 15 silent retreats, five of which lasted 30 days. Meditation is the cornerstone of my daily practice, and has transformed my life in more ways than I can express. It is inextricably woven into my yoga and my life. More than anything else, mindfulness has inspired my creative outlets: writing and music. After 25 years, I have a profound respect for the depth and breadth of this practice and am excited to share it with others.

Tuition: \$55 for 6 weeks • Registration deadline: December 27, 2011

To register: Charlotte Bell • [charlottebell@earthlink.net](mailto:charlottebell@earthlink.net) • 801-355-2617