

Starter Kit in Mindfulness



Want to learn how to meditate and practice mindfulness?

Learn to Practice Mindfulness with a True Expert in the Field In this 3 Part Starter Kit Course, the Director of The Mindful Center Michelle DuVal, MA, delivers a profound yet easy to understand intro course into the practice of Mindfulness Meditation. Each part in the series comes with downloadable guided meditations to start and sustain your practice (yours to keep!), as well as weekly assignments to help you set up a proven approach to using mindfulness for very real stress reduction. Throughout the program Michelle offers clear instruction, practical guidance, and real life strategies to help you experience the benefits of mindfulness in an easy to integrate way. The downloadable guided meditations used in this course have been fine tuned over Michelle's 15 years of teaching mindfulness and have helped tens of thousands of people learn how to start and sustain their meditation practice.

REGISTER

or visit: <http://tinyurl.com/3p842t48>



Available on your smart phone, tablet, or desktop.

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.

