

# Mindful Blood Pressure Reduction Program



## Reduce your Blood Pressure with Mindfulness



Available on your smart  
phone, tablet or PC

Discover ways to naturally lower your blood pressure through the power of mindful awareness. In this 3-part online program, you'll focus on practical, easy-to-learn techniques you can use right away. Every lesson includes two downloadable guided meditations designed to calm your nervous system, ease stress, and support healthy blood pressure.

Each lesson is under 10 minutes and includes both teaching and guided practice, making it easy to weave into daily life. Whether you are brand new to mindfulness or looking to deepen your practice, you'll learn how to mindfulness can be another tool to help your overall well-being.

**Mindful Blood Pressure Reduction is available to all NMPSIA members and their family.**



[Click Here to register](https://tinyurl.com/2u2e7hu5)

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## 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 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