

If you are interested in using mindfulness, meditation, and yoga practices to improve everyday living, then this group might be right for you.

Mindfulness for Healthy Living

**NEW
GROUP**

Goals/outcomes:

Develop awareness of stressors and emotions and learn new ways to respond rather than react to them.

Learn how to tolerate discomfort and practice skills for relating to challenging emotional and physical experiences.

This group draws from several evidence-based mindfulness approaches, such as Mindfulness-Based Relapse Prevention (MBRP), Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), and yoga.

Group Facilitators:

Ryli Webster, LICSW, RYT & Carey DeMartini, LMHC, RYT

Call or e-mail with questions or to set-up initial screening

Phone: 206-543-5030

E-mail: ryliw@uw.edu & careyd4@uw.edu

****Group screening is required.
Call to schedule screening****

Hall Health Center
4060 NE Stevens Way
Seattle, WA 98195

Health insurance is accepted.

Are you interested in learning tools to manage life stressors and improve life balance?

Are you living with issues related to stress, anxiety, physical health, substance use, sleep, eating, and/or compulsive behavior?

**Thursdays from
1-2:30 p.m.
January 21 —
March 10**



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