Mindfulness has been getting a lot of interest in the past few years and is being used at the workplace and other environments in order to help people be more productive, attentive, happy, and healthy. As someone who has taught mindfulness for the past two decades at a university and corporate setting, I have seen the significant benefits of offering mindfulness-based interventions as well as re-interpreting all aspects of the work environment in a mindful way. In order to overcome some of the concerns regarding the use of mindfulness practices in a Western secular setting, this retreat will give you the opportunity to digest some of the deeper understandings that come from mindfulness practice.

Experiencing the benefits of mindfulness requires an intentional setting aside of time which many people find difficult to do in the middle of their busy, high-stress lives.

Mindfulness Retreat for Health Professionals — Learning from the Inside Out

Monday, March 26 & Tuesday, March 27, 2018
9:00 AM - 5:00 PM

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View seminar abstract and presenter bio online

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28th Annual
ART & SCIENCE
of Health Promotion Conference

Intensive Training Seminar — March 26 & 27, 2018
Core Conference — March 28 - 30, 2018
Manchester Grand Hyatt | San Diego, CA

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“Loved Lynn’s energy and content. I am going to start practicing these tools!!”

— 2017 Conference Attendee
This intensive seminar is designed to create a restorative space so that you have an opportunity to step out of your everyday life and experience the subtle habits of your mind, body, and heart in a nonjudgmental, compassionate way. The cultivation of this kind awareness is at the heart of behavior change.

Thus, the main purpose of this workshop is for you to experience a variety of mindfulness practices that can support your wellbeing. These practices will include sitting meditation, mindful yoga, mindful eating, lovingkindness meditation, and walking meditation. Experiencing the benefits of mindfulness first hand during an extended period of time will support you in continuing a practice back home and in successfully offering it to others.

Additionally, you will (a) develop an understanding of the ways that mindfulness can be offered at the workplace and (b) be knowledgeable about the research that demonstrates the effectiveness of mindfulness at improving physical and psychological wellbeing. Materials will be distributed to support your practice, your efforts to bring mindfulness to others, and to encourage a culture of wellbeing at your workplace.

Even if you have never practiced mindfulness or yoga before, this intensive will offer you complete instruction for how to start a meditation and yoga practice and sustain it in your life back home. If you are a mindfulness practitioner, this intensive will give you an opportunity for sustained practice. NOTE: People of all ages, sizes, and physical abilities are welcome. If you can breathe, you have the ability to practice and benefit from the practices taught in this intensive.

“Very engaging and interactive. Practical info. Inspiring!”

“Excellent. Thank you! This session was very valuable to me as an individual and is something that I can’t wait to share with others!”

— 2017 Conference Attendees

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