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| classes Begin February 1st!8-Week CourseJoin us for a thoughtful and impactful class series. This is an excellent introduction to mindfulness and lays the foundation for a daily meditation practice and provides insights into the art and science of mindfulness. It is also appropriate for an experienced practitioner who wish to refresh their practice. Instructors: Drew Ebersole and Sherry Hammond have a combined 18 years of deep mindfulness and meditation training. They offer a class that is accessible, rich and meaningful for lasting results. Join us on the path.**Schedule:**Week 1: Introduction to mindfulness Week 2: Raising awareness without judgmentWeek 3: Reframe, Reconnect & Resilience Week 4: Gratitude and KindnessWeek 5: CompassionWeek 6: Mindful ListeningWeek 7: Appreciative JoyWeek 8: Service and Balance | Mindfulness and meditation are a game changer. Get in the game! Learn how these practices provide tangible benefits:Reduce stressEnhance Attention and MemoryRelieve Anxiety and Improves MoodIncrease Immune Response**Time:** 5:15 – 6:30 pm**Dates:** Feb 1 – March 22**Location:** CSL Tacoma 206 N J St, 98403. 253-383-3151**Cost:** $299 **Register:** csltacoma.org*Classes run from 5:15 pm – 6-30 pm with option for full CSL Credit to stay for Meditation with Master Teacher Jude Rozhon from 7:00 pm – 8:30 pm!*  |