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| classes Begin February 1st! 8-Week Course Join 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 judgment Week 3: Reframe, Reconnect & Resilience  Week 4: Gratitude and Kindness Week 5: Compassion Week 6: Mindful Listening Week 7: Appreciative Joy Week 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!* |