

Learn how to create an easy daily practice of meditation that sets up for a successful day, how to work with emotional and physical pain (our own, and other's), experience practices to cultivate a positive mindset and much more!

Guided meditations will be recorded and made available each week to support your practice.

When: October 10, 17, 24, & 31, 2020

Time: 8:30 am – 9:30 am

Location: The ARC, 33 Main Street, Marlborough, MA

Cost: \$60.00 per person. There is one scholarship seat.

Maximum participants: 10 people

Registration: email

Kelly@theadictionreferralcenter.org

About Lisa:

A U.S. Air Force Civil Engineer turned meditation and mindfulness teacher, Lisa Campbell is on a global mission for peace. She believes that kindness matters for ALL beings, and that peace begins within. Supported by more than twenty-five years of formal meditation and spiritual studies, Lisa is certified to teach meditation and mindfulness by leading health and wellness organizations: she is a Course Advisor for the McLean Meditation Institute, a Unified Mindfulness Level 2 Coach as taught by Shinzen Young, a Heart Math Add-Heart Facilitator, and a Kripalu-certified Holistic Health Teacher.

Learn more at www.Mindfulfilled.com