



November 2011

Mindful-Way Stress Reduction Programs

Presents our ongoing Retreat Series

Days of Mindfulness in the

Desert



Join us for Meditation, Yoga
and Mindfulness Practices

Saturday, November 12th, 2011

**9:30AM - 3:30PM At Eisenhower Hospital's Annenberg Center,
Rancho Mirage, CA**

**Cost: \$45.00 for the day. To reserve your place go to www.mindful-way.com/products, or
Contact: Beth Mulligan (760) 799-7847 or e-mail beth@mindful-way.com**

The Instructor: Beth Mulligan, PA-C has run the Mindfulness-Based Stress Reduction program at Eisenhower for 6 years, based on the work of Dr. Jon Kabat-Zinn and the faculty at the University of Massachusetts Medical Center, with whom she trained. She has practiced medicine for 26 years, and holds a Black Belt in Tae Kwon Do

Please take this opportunity to strengthen your practice and to connect with like-minded companions on your spiritual journey towards health and wholeness. Stepping outside of our busy lives on a regular basis is vital to our families, our planet and ourselves

Please remember to bring a yoga mat or pad, a blanket, water and a packed lunch.

Name _____ Address _____

City _____ Zip _____ Phone#'s (____) (____)

Email _____ @ _____ Amount enclosed \$ _____ Event, October 23rd,

Register online at www.mindful-way.com/products or make checks payable to Mindful-Way Stress Reduction.

Visit Mindful-Way Stress Reduction on the web: www.mindful-way.com