

IE22-27 The Practice of Mindfulness

**PRESENTED BY****Jodi Simmonds & Kerri Lorensen****SERIES SESSIONS**

| Date | Time |
|------------------|-------------------|
| October 21, 2021 | 3:45 PM – 4:45 PM |

**LOCATION****Online - Your Computer****FEE****\$25.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****[lnes.ca](https://www.lnes.ca)**

Program

Being mindful is all about awareness – awareness of thought, emotion, sensations and surroundings. It's also about being curious and kind to yourself about what you discover when paying attention to these things in the present moment. Over time, it can help you to begin to respond intelligently to life's stressors rather than reacting blindly. The practice of mindfulness is one of the most powerful things you can do to enhance your well-being and you don't need anything but a little guidance to get started. This session provides a glimpse into the benefits of a mindfulness practice. We'll demystify mindfulness techniques for people curious about starting a formal practice and offer simple, informal practices to help you live more mindfully in your daily life.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Jodi Simmonds**Kerri Lorensen**

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org