



## **MINDFULNESS MEDITATION PRACTICE**

### **PART III: WORKING WITH EMOTIONS**

**March 11, 2023**

**9:00 AM-6:00 PM**

Mindfulness Meditation is a 4-part series to learn the discipline and practice of informal and formal meditation.

#### ***Part III: WORKING WITH EMOTIONS***

Participants will discuss the emotional states which arise during meditation practice. Emotional states can create energetic imbalances in the mind-body-spirit. Meditation creates a safe space to learn which emotional states have created a pattern in the mind-body-spirit. Participants will work with emotional states during sitting, walking and eating meditation.

**COST: \$100. Lunch provided. 7 Nursing CEU's provided**

#### **Workshop Facilitators:**

Lisa Van Getson APRN, DNP, FNP-C

Katherine Baumgartner DNP, MA, RN

#### **WORKSHOP OBJECTIVES:**

1. Define and discuss emotion states and the impact on daily life
2. Discuss the affect emotional states have on illness and healing
3. Identify emotional states that arise during meditation
4. Experience techniques of non-judgment when emotional states arise
5. Participate in a formal meditation focusing on one emotional state
6. Practice informal meditation working with emotions
7. Practice formal meditation working with emotions