



## **MINDFULNESS MEDITATION PRACTICE**

### **PART I: BREATHWORK**

**October 21, 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 I: BREATHWORK***

**Participants will discuss the influence of stress on the mind-body-spirit relationship. Participants will learn and experience how silence and mindfulness meditation affect and heals the stress-adaptation response. Learning how to identify the sensations in the body when the mind wonders during meditation is essential while learning how to develop the discipline of mediation. Participants will practice breathwork 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 purpose of mindfulness informal and formal practice
2. Define general areas of breath focus in the body
3. Assess areas of breath focus in the body
4. Describe the experience of the 'wondering mind'
5. Identify sensations of stress in the body when focusing on the breath
6. Practice informal Breathwork Meditations
7. Practice formal Breathwork Meditations