



MINDFULNESS MEDITATION PRACTICE

PART II: AWARENESS PRACTICE

October 22, 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 II: AWARENESS PRACTICE

Participants will discuss three phases in the meditation process: 'stop-look-listen'. These phases of meditation create the experience of 'noting' the busy mind. Techniques to develop the discipline of the mind allows for 'awareness' to deepen. Acknowledging the busy mind in a place of 'non-judgment' begins to develop clarity during meditation. Participants will practice awareness 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. Discuss examples of distractions that occur in the mind during meditation
2. Recognize the patterns of sensation in the body when noticing distractions
3. Describe the process of 'noting' the sensation in the body
4. Explain the phases in the meditation process: 'stop-look-listen'
5. Practice non-judgment when the mind wanders during meditation
6. Practice informal Awareness Practice Meditation
7. Practice formal Awareness Practice Meditation