

MINDFULNESS MEDITATION



Deborah Cooper, M.Ed. has received training in mindfulness meditation at the Stress Reduction Program of the Jefferson-Myrna Brind Center of Integrative Medicine, and at Oasis, an institute for mindfulness based professional education, at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society. As a psychotherapist, she uses mindfulness meditation both personally and in her professional work.

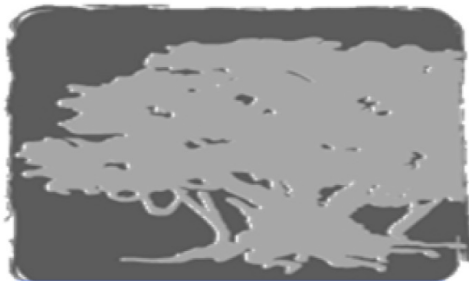
Join Deborah Cooper for an introduction to mindfulness meditation

At the Chestnut Hill Friends Meeting,
100 East Mermaid Lane, Philadelphia, PA 19118
We will meet for seven Sunday afternoon classes beginning
January 8 and ending February 26, 2012 from 2.30-4.00 p.m.
(no class on Sunday, Feb 5th)
Course fee of \$160 includes materials

To register, or for more information, please contact
Deborah Cooper, M.Ed. 215-248-0489
deborahcooper125@gmail.com
Space is Limited.
Pre-registration suggested.

Throughout the seven week course participants are asked to:
Make a strong commitment to attend all sessions.
Make a commitment to practice meditation and relaxation
techniques daily.

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