

LIVING WITH PEACE AND PRESENCE

A MINDFULNESS PROGRAM FOR TEENS

Mindfulness is the practice of cultivating non-judgmental awareness in day-to-day living. Participants will learn tools to begin a new, healthier approach to life's challenges, even in the midst of stress, pain and illness. This six-week program is specifically designed for teens (ages 13-18) dealing with the pressures of school, social relationships, college/career issues and family life.

Groups will include:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful movement
- Processing and dialogue of experiences in a small group setting

Benefits include:

- More effective coping strategies and balance in the face of difficulties
- More accepting attitude to life and challenges
- Decrease in stress-related symptoms, anxiety, and depression

Weds, 6-7:15pm
Oct 12th - Nov 16th
\$40 per session
732 3rd St, Davis

For more information or to register, contact Lin Duangnapa at LinLMFT@gmail.com or (310) 404-8202.



ABOUT THE INSTRUCTOR

Lin Duangnapa, LMFT, is a psychotherapist who is passionate about empowering adolescents and young adults to become more present and engaged in shaping their life experiences. Lin has a long history of personal involvement in mindfulness work and completed the MBSR Teacher Training Intensive through El Camino Hospital in Mountain View, CA. Through her work, Lin assists clients to cultivate the capacity to respond to obstacles with balance, wisdom, and self-compassion.

"We take care of the future best by taking care of the present now."

Jon Kabat-Zinn