

*“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”*

*— Jon Kabat-Zinn*

## Mindfulness Education and Training Classes

### What is Mindfulness?

Mindfulness is an integrative, mind-body approach to living that assists us in relating to our experiences with greater serenity and clarity. It involves paying attention to thoughts, feelings and body sensations in a way that can increase awareness, help us manage difficult experiences, and create space for wise choices.

With over thirty years of clinical research to support its efficacy, mindfulness practices have been shown to significantly improve focus and attention, stress management, emotional regulation, psychological resilience, the management of chronic pain and illness, relationship satisfaction, empathy and compassion in a wide variety of populations.

### Want to Learn More?

Northland Behavioral Health & Wellness is hosting two **FREE Introduction to Mindfulness** sessions:

**Wednesday, July 27th, from 6:30 to 7:30 p.m. (reservation required)**

**Saturday, August 6th, from 9 to 10 a.m. (reservation required)**

In these one-hour introductions, participants will learn a formal definition for mindfulness, the historical development of mindfulness-based interventions, an overview of the practices and how mindfulness can enhance health and well-being.

**Space is limited! Please email [amy@abelovedlife.com](mailto:amy@abelovedlife.com), if you plan to attend a session.**

Northland Behavioral Health & Wellness is also hosting two **8-Week Mindfulness Trainings**:

**Wednesdays, August 10th thru September 28th, from 6:30 to 8:30 p.m.**

**Saturday, August 20th thru October 8th, from 9 to 11 a.m.**

In this class, modeled after Jon Kabat Zinn’s Mindfulness-Based Stress Reduction (MBSR) program, participants will be introduced to the key principles of mindfulness, engage in short talks and discussions, and be provided with instruction for formal and informal practices. With a commitment to involvement, both within and outside of class, participants will be pointed towards practices that integrate mindfulness into their daily life. **Registration and payment are required for the 8-week class. Please contact [amy@abelovedlife.com](mailto:amy@abelovedlife.com) for more information.**



About the instructor: Amy Zoe Schonhoff is a mindfulness educator and trainer. She has received teacher practicum training in Mindfulness Based Stress Reduction through UMass Medical School. Having also deeply benefited from a personal mindfulness practice for over twenty years, she is enthusiastic to share these practices with others who wish to experience greater well-being in their daily lives.

Northland Behavioral Health & Wellness, located at 119 NE 72nd Street in Gladstone, provides effective mental health solutions for adults, adolescents, children, and those with developmental disabilities within the Northland area of Kansas City.

[www.northlandbhw.org](http://www.northlandbhw.org) | 816.420.8419