

THE COUNSELING COLLABORATIVE

PRESENTS

Koru Mindfulness Group

Beginning Wednesday, January 23, 2019

5:30pm-6:45pm

4 week course January 23 & 30, February 6 & 13

Location: The Counseling Collaborative-1489 State Highway 102 - Bar Harbor, ME 04609

**Thinking of building a mindfulness practice,
but don't know how to start?**

Koru Mindfulness is an evidence-based program from Duke University designed to teach mindfulness, meditation, and stress management skills. It is taught as a weekly, 75-minute class over four weeks, with in-class and at-home practices. This class is for anyone- both novice and experienced.

People who have participated in the Koru Mindfulness program experience feeling more calm, less stressed, more kind towards themselves and others, and more mindful in their everyday life!

Recommended for older teens and adults



Darith James is a Koru Mindfulness instructor and researcher in mind-body sciences at Arizona State University. Darith has been practicing mindfulness and self-compassion skills for years and believes in bringing this work to her everyday life- and that of others! Currently, her work focuses on mindfulness-based interventions in various populations such as college students and breast cancer survivors. The intention of Darith's work in the mind-body sciences is to help improve psychological well-being and overall quality of life in a sustaining and

The Counseling Collaborative
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Fee: \$165 per participant
includes workbook
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