

# MINDFUL LIVING'S Upcoming Events

## 2015-2016

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### [Day of Mindfulness](#)

(Link: [https://livingmindfully.org/Day-long\\_Retreats\\_1V2L.html](https://livingmindfully.org/Day-long_Retreats_1V2L.html))

Saturday, October 17th 2015 from 10 a.m. - 4 p.m.

Cost: \$85

Come renew your sense of stillness, clarity, and connection. This mini retreat is a period of extended mindfulness practice and silence which can help you deepen and strengthen your practice. We will experience Noble Silence, mindfulness sitting, walking, and loving-kindness meditations, as well as mindful yoga. The meditations will have enough guidance to allow people of all levels of meditation practice to attend.

### [Mindfulness Basics Workshop](#)

(Link: [https://livingmindfully.org/MBSR\\_basics.html](https://livingmindfully.org/MBSR_basics.html))

Tuesday afternoon

October 27th from noon - 4 p.m.

Cost: \$225

This 4 hour workshop is a great introduction to, and beginning for, your mindfulness practice.

### [Graduate Equanimity Group](#)

(Link: [https://livingmindfully.org/Equanimity\\_Group.html](https://livingmindfully.org/Equanimity_Group.html))

Wednesday mornings

Start date: October 28th thru Nov. 18th from 10 a.m.- 11:30 a.m.

Cost: \$100

### [Self-Compassion and Emotional Resilience](#) with Dr. Kristin Neff

(Link: <http://junghouston.org/program-offering-detail/?id=2787909d-9449-b4fe-42f9-55a2eafc9ba7>)

Saturday, November 7th 2015 from 10 a.m.-4 p.m.

Cost: \$160

Jung Center Member pricing: \$150.00

Kristin Neff, PhD will lead this day-long workshop hosted by Mindful Living at the Jung Center. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life. You will learn how to stop being so hard on yourself; handle difficult emotions with greater ease; and motivate yourself with kindness rather than criticism.

### [Freedom from Chronic People-Pleasing Through Mindfulness](#)

(Link: <http://junghouston.org/program-offering-detail/?id=abfc398f-b2c5-ca96-8fc8-55941c56749d>)

Saturday, November 21st 2015 from 10 a.m - 4 p.m.

Cost: \$100

Jung Center Member pricing: \$90.00

### [Mindfulness Basics Workshop](#)

(Link: [https://livingmindfully.org/MBSR\\_basics.html](https://livingmindfully.org/MBSR_basics.html))

Friday afternoon

Dec. 11th from noon - 4 p.m.

Cost: \$225

This 4 hour workshop is a great introduction to, and beginning for, your mindfulness practice.

### [Free Introduction Sessions](#)

(Link: [https://livingmindfully.org/Orientation\\_Sessions.html](https://livingmindfully.org/Orientation_Sessions.html))

Jan. 5th from 5-5:45 p.m. or Jan. 22nd from noon-12:45 p.m.

Join us for a 45 minute session. Come explore mindfulness meditation and the benefits of developing a practice. No RSVP required. . . simply drop in.

### [8-week Mindfulness Meditation Course](#)

(Link: [https://livingmindfully.org/MBSR\\_course.html](https://livingmindfully.org/MBSR_course.html))

Tuesday evenings beginning

January 26th 2016 from 6-8:30 p.m.

Cost: \$550

This course consists of 8 weekly sessions, each lasting 2 1/2 hours. In addition to practicing mindfulness meditation, the class provides support for the participants in fostering a daily meditation practice, and discussion about how to integrate mindfulness into various aspects of every-day life. There is a day-long silent retreat in the sixth week of the class to help participants deepen their meditation practice.

### [Mindfulness Meditation Retreat](#)

(Link: [https://livingmindfully.org/Wknd\\_Retreat\\_-\\_Villa.html](https://livingmindfully.org/Wknd_Retreat_-_Villa.html))

January 28th - 31st, 2016

begins Thursday evening at 7 p.m. thru Sunday morning at 9:30 a.m.

Cost: \$325

This silent, overnight, meditation retreat will provide the opportunity for extended practice and silence, which allows us to rest deeply, and further develop connection and clarity. This retreat will be held at the Villa de Matel in Houston, TX. It is appropriate for all people regardless of level of meditation experience.

### [Day of Mindfulness](#)

(Link: [https://livingmindfully.org/Day-long\\_Retreats\\_1V2L.html](https://livingmindfully.org/Day-long_Retreats_1V2L.html))

Saturday, March 5th 2016 from 10 a.m. - 4 p.m.

Cost: \$85

Come renew your sense of stillness, clarity, and connection. This mini retreat is a period of extended mindfulness practice and silence which can help you deepen and strengthen your practice. We will experience Noble Silence, mindfulness sitting, walking, and loving-kindness meditations, as well as mindful yoga. The meditations will have enough guidance to allow people of all levels of meditation practice to attend.

### [Free Introduction Sessions](#)

(Link: [https://livingmindfully.org/Orientation\\_Sessions.html](https://livingmindfully.org/Orientation_Sessions.html))

March 15th from noon-12:45 p.m. or March 29th from 5-5:45 p.m.

Join us for a 45 minute session. Come explore mindfulness meditation and the benefits of developing a practice. No RSVP required. . . simply drop in.

### [8-week Mindfulness Meditation Course](#)

(Link: [https://livingmindfully.org/MBSR\\_course.html](https://livingmindfully.org/MBSR_course.html))

Tuesday mornings beginning

April 5th 2016 from 10 a.m.-12:30 p.m.

Cost: \$550

This course consists of 8 weekly sessions, each lasting 2 1/2 hours. In addition to practicing mindfulness meditation, the class provides support for the participants in fostering a daily meditation practice, and discussion about how to integrate mindfulness into various aspects of every-day life. There is a day-long silent retreat in the sixth week of the class to help participants deepen their meditation practice.

### [Mindfulness & Psychotherapy](#)

(Link: [https://livingmindfully.org/MentalHealthPro\\_MBSR.html](https://livingmindfully.org/MentalHealthPro_MBSR.html))

Thursday mornings beginning

April 7th, 2016 from 9:30 a.m. - noon

Cost: \$650

In this 8-week MBSR course for mental health professionals we will develop personal mindfulness meditation practices and explore the therapeutic application of mindfulness in psychotherapy. For a course overview, [click here](#).

### [8-week Mindfulness Meditation Course](#)

(Link: [https://livingmindfully.org/MBSR\\_course.html](https://livingmindfully.org/MBSR_course.html))

Thursday evenings beginning

April 7th 2016 from 6-8:30 p.m.

Cost: \$550

This course consists of 8 weekly sessions, each lasting 2 1/2 hours. In addition to practicing mindfulness meditation, the class provides support for the participants in fostering a daily meditation practice, and discussion about how to integrate mindfulness into various aspects of every-day life. There is a day-long silent retreat in the sixth week of the class to help participants deepen their meditation practice.

### [Day of Mindfulness](#)

(Link: [https://livingmindfully.org/Day-long\\_Retreats\\_1V2L.html](https://livingmindfully.org/Day-long_Retreats_1V2L.html))

Saturday, May 14th 2016 from 10 a.m. - 4 p.m.

Cost: \$85

Come renew your sense of stillness, clarity, and connection. This mini retreat is a period of extended mindfulness practice and silence which can help you deepen and strengthen your practice. We will experience Noble Silence, mindfulness sitting, walking, and loving-kindness meditations, as well as mindful yoga. The meditations will have enough guidance to allow people of all levels of meditation practice to attend.

### [Free Introduction Sessions](#)

(Link: [https://livingmindfully.org/Orientation\\_Sessions.html](https://livingmindfully.org/Orientation_Sessions.html))

June 9th from 5-5:45 p.m. or June 14th from noon-12:45 p.m.

Join us for a 45 minute session. Come explore mindfulness meditation and the benefits of developing a practice. No RSVP required. . . simply drop in.

### [8-week Mindfulness Meditation Course](#)

(Link: [https://livingmindfully.org/MBSR\\_course.html](https://livingmindfully.org/MBSR_course.html))

Saturday mornings beginning

July 9th 2016 from 10 a.m. - 12:30 p.m.

Cost: \$550

This course consists of 8 weekly sessions, each lasting 2 1/2 hours. In addition to practicing mindfulness meditation, the class provides support for the participants in fostering a daily meditation practice, and discussion about how to integrate mindfulness into various aspects of every-day life. There is a day-long silent retreat in the sixth week of the class to help participants deepen their meditation practice.

### [Day of Mindfulness](#)

(Link: [https://livingmindfully.org/Day-long\\_Retreats\\_1V2L.html](https://livingmindfully.org/Day-long_Retreats_1V2L.html))

Saturday, August 13th 2016 from 10 a.m. - 4 p.m.

Cost: \$85

Come renew your sense of stillness, clarity, and connection. This mini retreat is a period of extended mindfulness practice and silence which can help you deepen and strengthen your practice. We will experience Noble Silence, mindfulness sitting, walking, and loving-kindness meditations, as well as mindful yoga. The meditations will have enough guidance to allow people of all levels of meditation practice to attend.

### [Free Introduction Sessions](#)

(Link: [https://livingmindfully.org/Orientation\\_Sessions.html](https://livingmindfully.org/Orientation_Sessions.html))

August 25th from 5-5:45 p.m. or Sept. 6th from noon-12:45 p.m.

Join us for a 45 minute session. Come explore mindfulness meditation and the benefits of developing a practice. No RSVP required. . . simply drop in.

### [8-week Mindfulness Meditation Course](#)

(Link: [https://livingmindfully.org/MBSR\\_course.html](https://livingmindfully.org/MBSR_course.html))

Tuesday evenings beginning

Sept. 13th 2016 from 6-8:30 p.m.

Cost: \$550

This course consists of 8 weekly sessions, each lasting 2 1/2 hours. In addition to practicing mindfulness meditation, the class provides support for the participants in fostering a daily meditation practice, and discussion about how to integrate mindfulness into various aspects of every-day life. There is a day-long silent retreat in the sixth week of the class to help participants deepen their meditation practice.

### [Day of Mindfulness](#)

(Link: [https://livingmindfully.org/Day-long\\_Retreats\\_1V2L.html](https://livingmindfully.org/Day-long_Retreats_1V2L.html))

Saturday, October 22nd 2016 from 10 a.m. - 4 p.m.

Cost: \$85

Come renew your sense of stillness, clarity, and connection. This mini retreat is a period of extended mindfulness practice and silence which can help you deepen and strengthen your practice. We will experience Noble Silence, mindfulness sitting, walking, and loving-kindness meditations, as well as mindful yoga. The meditations will have enough guidance to allow people of all levels of meditation practice to attend.