



MINDFULNESS is a mental state, characterized by concentrated awareness of one's thoughts, actions or motivations. Being mindful is being aware of each present moment, like observing mindfully the breath, the posture, the sound, the smell, the taste. It brings awareness to listening and talking. It brings focus to oneself and the present moment. Mindfulness is increasingly used by medical professionals to treat depression, stress, anxiety.

SCHEDULE FOR MINDFULNESS CLASS

Each class runs for eight bi-weekly sessions. The fee is \$320 (plus GST).

<i>Class One</i>	Friday evening class 6:30 pm – 8 pm	January 30, 2009 – May 8
<i>Class Two</i>	Wednesday early morning class 7:30 am – 9:00 am	May 6 – August 12
<i>Class Three</i>	Thursday morning class 8:00 am – 9:30 am	May 14 – August 20
<i>Class Four</i>	Friday evening class 6:30 pm – 8 pm	May 22 – August 28

BI-WEEKLY TOPICS

1. Steps to start observing the automatic self
2. Understand and deal with limitations
3. Observe the breath
4. Stay present and relax
5. How to cultivate the best relationship with your mind
6. Move beyond your thoughts
7. Move towards your goals
8. Act in your unlimited self

Apex Centre for Integrated Health was established in 2006 by Psychologist Dr. Mishy Elmpak. The centre offers a variety of health and wellness services, including physical and mental health related workshops and seminars. The commitment and goal is to offer every person the opportunity to reach his or her peak potential.