

## Mindfulness Meditation for Stress Reduction & Relaxation



By balancing the energetic pace of our busy lives with opportunities to calm the mind and body we can improve our overall sense of personal well-being. To be mindful is to be keenly aware of what is happening in the present moment. It is being finely in tune with what you are experiencing through paying close attention, while holding non-judgmental awareness and self-compassion. Research suggests that practicing Mindfulness Meditation may improve mood, boost immune function, reduce stress, and improve your overall state of health and well being while increasing your levels of peace and happiness.

In this class you will receive basic instruction on how to practice Mindfulness Meditation and learn how to apply the principles of Mindfulness (self-awareness) into your daily life. Becoming more mindful will greatly assist you in responding in your life with compassion, kindness, and wisdom.

**Mondays, 11:00 a.m. – 12:00 p.m.**

\*10/2 – Introduction class  
 10/16  
 10/23

Location: Bayview Room

**Saturdays, 8:00 a.m. – 9:00 a.m.**

\*10/14 – Introduction class  
 10/21  
 10/28

Location: Bayview Room

Besides the two Introductory classes offered on 10/2 & 10/14, EACH of the other four classes offered on 10/16, 10/21, 10/23, & 10/28, will cover a different topic to help you learn how to apply Mindfulness into your daily life.

**\*Note: The Introduction classes are intended for those who have NOT previously taken the Introduction classes offered at PCC in the past. If you have taken Alicia’s Introduction class in the past, and you want to reacquaint yourself with the fundamentals, please feel free to retake the class.**

**Price:**

Members: \$15 per class  
 Non-Members: \$20 per class

**Instructor Bio:** Alicia McLucas, CPCC is a Certified Life Coach, Corporate Stress Reduction Trainer, and a Mindfulness Meditation Teacher. She is presently teaching Mindfulness Meditation for the Supportive Care Program at Stanford Health Care, and within corporations in the San Francisco Bay Area. Alicia completed the MBSR (Mindfulness Based Stress Reduction) Practicum Professional Teacher Training Program. To learn more about Alicia visit her website at: [www.aliciamclucas.com](http://www.aliciamclucas.com)

**Space is Limited! Sign Up Today For this NEW offering of classes!**

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