

Still Forest Pool



Center for Mindfulness of the Capital Region

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Mission Statement

Still Forest Pool – Center for Mindfulness of the Capital Region brings together people dedicated to cultivating and nourishing awareness in the world and in our lives. This awareness, called mindfulness, is intrinsic, universal, and transformative.

Our mission is to promote health and wholeness through outreach, education, and opportunities to experience mindfulness.

Mindfulness Opportunities

We seek to provide opportunities to practice mindfulness for individuals, groups, and organizations. We have begun offering the Mindfulness-Based Stress Reduction, eight week program, modeled on the UMass Medical Center program, developed by Jon Kabat-Zinn. We plan to provide workshops on mindfulness of varying lengths, designed for specific events and organizations. The Center is interested in presenting on topics including: mindful parenting, mindfulness and relationships, mindfulness and addictions, and mindful approaches for dealing with anger and depression.

The core of all the mindfulness practice opportunities offered by the Center is mindfulness meditation, as utilized in the MBSR program. Meditation in this way involves observation of constantly changing internal stimuli and is directed toward the inner experiences of the individual, and also external stimuli.

Still Forest Pool

G Psacharopoulos



Still Forest Pool:

Delve into the emotional tapestry woven by Crafted by in Experience **Still Forest Pool** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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