



Psychological Counseling Services &



Solution Mindfulness Present:

Two Fall Mindfulness Programs @ PCS!

3302 N. Miller Road, Near Old Town Scottsdale

Free Intro to Mindfulness session: Tuesday, Sept 12 @ 6:30pm

One Day Mindfulness Workshop & Retreat

Sunday, September 17th 9:30am - 4:30pm

Not ready for an 8 week commitment? This Daylong Workshop will provide an in-depth, experiential introductory day of learning and practice; with alternating guided meditation and opportunities for questions and discussion. Includes Lunch from Arcadia Farms.

Learn the basics about Mindfulness and enjoy a day unplugged from the world exploring mindfulness as taught in the MBSR program (sitting meditation, body scan and mindful movement, as well as introduction to daily life practice such as eating meditation.) **Come away with a sense of balance, ease and an understanding of how to engage your experience from mindful awareness.** **6 CE Hours Available**



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Mindfulness Based Stress Reduction

The *Original* 8 week, 30 hour MBSR program designed by Jon Kabat-Zinn, PhD for the UMass Medical Center, an *Evidence-Based* Intervention for:

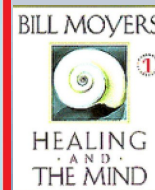
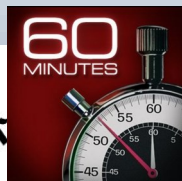
Chronic Pain & Illness | Depression | Anxiety | ADD/ADHD | Sleep Disorders | IBS/IBD
High Blood Pressure | Fatigue | Immune and Stress Related Disorders | Daily Life Stress

Tuesdays 6:30-9:00pm - Sept 12 through Nov 14 (no class 9/26)

With a Full-Day Retreat on Sunday, Nov 5th

28 Continuing Education (CE) Hours Available

MBSR is The Gold-Standard in Mindfulness education, as featured:



www.SolutionMindfulness.com | 602.910.4240

GENEVIEVE TREGOR, MS - INSTRUCTOR

GENEVIEVE HAS BEEN PRACTICING MINDFULNESS MEDITATION IN-DEPTH SINCE 2008 AND HAS SPENT OVER A YEAR IN INTENSIVE PRACTICE. SHE WAS TRAINED IN THE UMASS CENTER FOR MINDFULNESS IN MEDICINE MBSR TEACHER TRAINING PRACTICUM.

