Coming Home for the Holidays- A Three Week Course Focusing on Mindful Communication

Wednesday evenings, 630PM-830PM, December 3, 10, 17

This 3 week course will focus both on formal meditation practice and techniques of mindfulness in daily living, especially communication. Holiday activities can add stress in many ways and make it challenging to maintain a sense of peace and glad tidings. The strains of the season, especially around communication, can undermine your intention and ability to fully enjoy this time of the year. The emphasis of this course will be on the practice of mindful communication, and cultivating an attitude of kindness and gratitude as a fundamental way of taking care of yourself and others.

The aim of this course is to increase awareness so that we can respond to situations with choice rather than react automatically. The techniques are based on traditional practices of meditation and mindfulness for developing one's resilience and capacity for inner peace. This course is experiential and the techniques learned are practical in everyday life.

In this time of giving, why not give yourself something priceless, that only you can give? Mindfulness works by tapping into the inherent healing and creative capacities within each of us. What better time than the holidays to connect with this powerful energy for nourishing your best intentions for yourself and loved ones, focusing on the art of mindful communication?
What better time than now to come home to yourself, and the season's spirit of peace and good will?

The course is designed for those who have taken a course in mindfulness meditation. However, no prior experience in meditation is required.

Dr. Don Maurer teaches Mindfulness Based Stress Reduction (MBSR) and is involved with research on mindfulness in healthcare at the UCI Medical Center. He has taken advanced teacher training with senior faculty including Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Healthcare and Society. Dr. Maurer brings thirty years of experience as a specialist in Emergency Medicine with extensive administrative and leadership responsibilities.

Cost:
$110 Three Week Course.
15% discount for UCI faculty, staff and Wellbeing Circle members