

New Wellness Program: 4 Mindfulness Sessions + 1 Forest Bathing Walk

1. **“Are you curious about finding inner calm and reducing stress?”** Mindfulness practices can help you cultivate a sense of peace and presence in your daily life.
2. **“Have you ever wondered how to manage difficult emotions more effectively?”** Mindfulness provides tools to navigate emotions with greater awareness and compassion.

Mindfulness is the practice of intentionally focusing attention on the present moment, without judgment or distraction. Help cultivate a sense of presence to respond to life’s experiences with greater clarity and compassion.



Instructor: Kristen Ryder is a Community Yoga and Mindfulness Facilitator, Community-based Therapist, School Psychologist and Community Violence Prevention Researcher with Michigan State University’s SPARK Research Lab. Through her *Stillness and Strength Yoga LLC* business in Traverse City, she offers multiple stress-reduction and health-supportive practices to support individuals through various challenges. She does note that mindfulness practices “may support and promote health and well-being but should not be considered a direct replacement for medical or mental health services.”

Class size is limited to facilitate the best experience for participants. PRE-REGISTRATION IS REQUIRED! (except Women’s Association Meeting). Registration info is provided below.

Mindfulness 101: Anchors and Awareness: July 3rd 11:00 am to Noon

Experience each mindfulness step defined by Jon Kabat-Zinn, a mindfulness pioneer. This includes: 1) paying attention; 2) on purpose; 3) to the present moment; and 4) without judgement (the gentle and loving part). Engage in activities that will bring each of these steps to life. Learn flexible ways to create a practice for YOU to stay in the moment through your day.

Mindfulness Through our Senses: July 10th 11:00 am to Noon

Our senses—sight, sound, taste, touch, and smell—serve as portals to the present moment. When we mindfully observe the colors of a sunset, listen to rustling leaves or savor a meal, we anchor ourselves in the present. Kristen will introduce three additional senses. Interoception is our ability to connect with, identify, and feel what is happening within our own body. Exteroception is our sensitivity to stimuli that originate outside the body. And HeartSense is the profound connection between heart health and mental well-being. Kristen will explore each of the eight senses individually and in tandem.

Mindful Self-Compassion Practices and Lovingkindness/Heartfulness: July 16th 11:00 to noon. Program at the Women’s Association Annual Meeting. No registration is required for this session only.

Mindful Self-Compassion combines the skills of mindfulness and self-compassion, creating a powerful tool for emotional resilience. Learn how compassion-turned-inward may support us in our daily functioning and in moments of discomfort. We’ll explore three ways to practice a mindfulness meditation called Metta, or Lovingkindness.

Mindfulness Practices - Body Scan and Interbeing: August 1st 11:00 am to noon. Mats/blankets provided.

A body scan is a mindfulness meditation practice that has benefits like deep relaxation, reduced stress and anxiety, improved sleep and greater self-awareness. It can be done standing, seated or lying flat. Interbeing encompasses the interconnected web of existence—our relationships with other people, animals, plants, and the environment.

Forest Bathing: July 26th 9:00 to 11:30ish am. Meet at Arcadia St. Pierre Trailhead.

Take a slow, deliberate walk in nature, paying close attention to your surroundings using your senses—sight, smell, hearing, and touch. It fosters a deep connection to the environment while promoting overall well-being.

To Register (for all but the Women’s Association Meeting on 7/16)

1. Use QR Code or go to www.stillnessandstrengthyoga.com
2. Click on Class Schedules & Descriptions. Select “Register” under CSA Mindfulness Series
3. Complete the information. Select the CSA Session you wish to attend. Sign a simple waiver required by instructor.

