

The Mindfulness Meditation Initiative

Learn how to practice meditation and how to apply mindfulness in everyday life through The Mindfulness Meditation Initiative!

Participants are encouraged to attend at least 2 classes per week, but you are invited to attend as many as you want! No need to attend the same class each week. The course is designed to be flexible – go to whichever classes fit your schedule week-to-week.



Participants are also encouraged to practice outside of class and are provided with links to optional guided meditations for at-home use.

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15 - 7:45 a.m. Studio 2	7:15 - 7:45 a.m. Studio 2			
11:30 a.m. - noon Studio 2	11:45 a.m. - 12:15 p.m. Studio 2	11:35 a.m. - 12:05 p.m. Studio 2	11:30 a.m. - noon Studio 2		11 - 11:30 a.m. Studio 4
	7 - 7:30 p.m.* Cardiac Rehab	7:35 - 8:05 p.m. Cardiac Rehab	7 - 7:30 p.m. Cardiac Rehab		

***There is no 7 p.m. class on the 2nd Tuesday of each month.**

Buy a monthly pass at GalterLifeCenter.org under the My Wellness tab or at the Courtesy Desk. Passes are valid from the first to the last day of each calendar month. Fees will not be prorated at any time.

Fees: Members \$37; Nonmembers \$47

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact **Kayla Kulans** at **773-878-9936, ext. 7342** or **KKulans@SwedishCovenant.org**



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The Monthly Mindfulness Meditation Course offers a variety of different types of meditation practices. Some practices offered are detailed below.

Focused Awareness Meditation strengthens the ability to maintain awareness of the present moment by focusing on a specific object. This is the core of all Mindfulness Meditation practices. Learn to let go of external and internal distractions, improve focus, reduce stress, fall asleep more easily and learn to find calm even in stressful situations.

Open Awareness Meditation trains present-moment awareness of internal and external experiences as they arise. We develop the ability to shape our responses to experiences rather than react habitually. Benefits include improved resilience, decreased pain, a less-reactive stress response, increased emotional regulation and more.

Loving Kindness Meditation seeks to balance the mind's negativity balance through the intentional cultivation of good will toward ourselves and others. Benefits include decreased mental and physical pain; increased sense of wellbeing, social connection, and resiliency; improved immune response; and reduced unconscious biases.

Evidence-Based Benefits of Mindfulness:

- Decrease Stress
- Improve Resilience
- Lower Blood Pressure
- Decrease Physical and Mental Pain
- Reduce Inflammation
- Decrease Severity of Symptoms
- Increase Emotional Regulation
- Improve Immunity
- Help Treat Depression and Anxiety
- Slow Age-Related Brain Deterioration
- Help Prevent and Slow the Progression of Alzheimer's and Dementia
- Improve Self-Control, Memory, Learning, Creativity and more!

Join the Mindfulness Meditation Initiative today and experience the benefits for yourself!

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