

A New Year's Reboot - A Morning In Mindfulness in Neuchâtel
Sunday, January 14, 2018 9h - 12h

LOCATION AND FOR MORE INFORMATION

Location: Union Commercial, Neuchâtel

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New Year's is a great time to recommit to your habits of health and wellbeing.

In this 1/2 day retreat...

*You will learn a variety ways to practice mindfulness.

*For returning students; you will re-inspire your practice and experience new ways to combat stress and bring ease into daily life.

*You will learn practices to help you become more emotionally resilient.

*You will practice a healthy mindful eating exercise and tips for bringing mindfulness to every meal.

*You'll practice a variety of guided meditations, walking meditation, yoga and compassion meditation.

*You'll bridge the states of calmness, peace and compassion you experience during meditation into your routine and learn ways to weave mindful moments into daily life.

This program is based on my studies from a variety of teachers including: Neuroscientist, Dr. Rick Hanson, Dr. Jon Kabat-Zinn (MBSR), Sharon Salzberg, S.N. Goenka, Dr. Zindle Siegle (MBCT) as well as my own 20 plus years of experience practicing Insight Meditation, Yoga and Zen meditation.

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***Price:** 45 CHF if you reserve before December 31, 2017. 50 CHF January 1 - 14, 2018



Jennifer Frye, at wellbalanced.me, completed several teacher trainings in the U.S. and Europe and has been teaching since 2007. Inspired by courses in Ashtanga Yoga, Mindfulness Meditation, professional courses in positive neuroplasticity training, Mindfulness Based Stress Reduction, MBCT and Yin Yoga. She has a passion for helping people develop their yoga and meditation practice and teaching techniques to bring mindfulness into everyday life. Jennifer's classes & workshops are designed to bring strength and flexibility to the body and stillness in the mind.