



Do you want to find a way to improve your physical and mental health without leaving the comfort of your home?

Come “MIND YOUR OWN BUSINESS WITH THE SISTERHOOD”-
(INTRODUCTION TO MINDFULNESS)

ON ZOOM, THURSDAY, JANUARY 20TH 7:00 pm-8:30 pm

OPEN TO ALL

We will spend some time with interactive content, with the rest of the session devoted to experiential learning. We will practice mindful movement in the form of very gentle yoga, and then experience a fundamental mindfulness practice from Jon Kabat Zinn’s Mindfulness Based Stress Reduction course, the body scan. You do not have to be flexible or even have physical mobility as the movement portion of the workshop can be done in a chair if you prefer. Come dressed in comfy clothing, and have a mat, a pillow, a blanket, and other items to help you to feel cozy and comfortable.

Your Facilitator:

Shara Plynton, is a school social worker, having worked with Marion Woolf for many years in the school district of Pawtucket. She embarked on a journey of intense study and practice of yoga and mindfulness in order to bring innovative practices to the increasing levels of stress, anxiety and trauma in her client population, as well as to find a way to manage the stress of work and of life. She has studied at Kripalu, at the Ashram in Millis MA, and at Brown University Center for Mindfulness, and is a certified yoga instructor as well as a qualified facilitator of the MBSR program.

Cost: \$10.00

RSVP: ttysisterhood@gmail.com

CHECK TO TEMPLE OR VENMO @Leah-Ross-Coke with Mindfulness noted in memo

Once payment is received, link will be emailed to you

Donations always welcome beyond fee, will go towards new Temple Fridge