Let's RISE Together
Summer 2022

Mindfulness Studio

Wednesdays 2–3 PM, 7/6 – 8/31 (Except 7/20)
with Haim Shemer, PsyD and GAPSWell Associates
Anja Payne & Seraphina Solders

https://uchealth.zoom.us/j/4307801951

Mindfulness Studio is a drop-in workshop where you can learn and practice ways to connect more deeply with yourself, others, and to gain/regain peace and joy. You will be invited to engage in various meditative practices including visualization, breathwork, and compassion based meditations.

Topics include:
• Mind-Body Connection
• Working with Difficult Thoughts and Emotions
• Self-Compassion
• Understanding Inner Critic and Safety
• Mindful Communication