

Introduction to Mindfulness:

What Mindfulness Meditation is and How it Works

This class is for you if:

- You have stress at work and take this stress into your home life
- You experience negative stress more than 2 times per week
- You already have or are at high risk for chronic pain or adverse health conditions including heart disease, diabetes, high blood pressure, high cholesterol, and cancer

Wednesday, July 23, 2014

7pm – 9pm

Awakening in Paradise

1215 S. Kihei Road. #D-2

Kihei, Hawaii, Maui

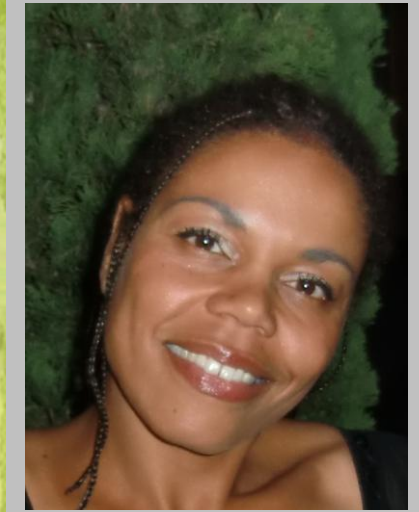
808-891-1114

You will learn:

- How to deal with work stress in healthy ways
- How to be more calm and peaceful when life is hectic and busy
- How to balance life and get the most fun and happiness out of it
- How to take the joys of your vacation home with you if you are a business person on vacation

**Create Powerful Change
in Your Life!**

Class is only \$20



Melissa Green, MS, MA

Melissa is a Happiness Consultant with a Masters Degree in Counseling Psychology as well as Computer Science and Engineering and is a trained Mindfulness-Based Stress Reduction teacher and Mind-Body Fitness Specialist.

She is the Founder of Dragonfly Center in the San Francisco Bay Area.

www.dragonflycenter.org