



DES MOINES PASTORAL

**COUNSELING CENTER**



## Meditation for Beginners

**4-week class on Monday evenings: Nov 26-Dec 17**

**PROGRAM** If you're curious about learning how to meditate and begin an on-going, personal meditation practice, come join this experiential educational class. Discover the healing power of mindfulness by learning various meditation and breathing techniques, practicing mindful movement, and self-compassion. No prior meditation experience necessary and no floor sitting is required. Chairs are provided.

**DATE / TIME** Monday evenings 5:30-6:30PM: Nov 26, Dec 3, 10, 17, 2018  
30-min online guided meditation on Zoom in between each in-person class: time and day TBD

**COST** \$50 per person

**LOCATION** Des Moines Pastoral Counseling Center, 8553 Urbandale Ave, Urbandale, IA 50322

**REGISTRATION** Register online at: [www.dmpcc.org/Meditation](http://www.dmpcc.org/Meditation) or call: **515-274-4006**

### FACILITATOR



Allison Peet, BA, RYT200 is a qualified MBSR™ (Mindfulness Based Stress Reduction) Instructor trained at UMass Medical Center for Mindfulness, founded by Jon Kabat-Zinn, PhD. She is trained through Mindful Schools and teaches mindfulness to youth, K-12 and is also a therapeutic yoga instructor. She's completed multiple week-long silent meditation retreats and has a daily practice. Allison has a personal path of living and working with chronic stress and anxiety which is why she started her own business in 2015, From Within Wellness, LLC, to benefit others. She is committed to creating a more mindful community by helping people develop pragmatic life skills in attentional strength, present moment awareness, self-compassion, and stress resiliency. For more information, contact Allison at [apeet@dmpcc.org](mailto:apeet@dmpcc.org).