



## Private Individual Meditation & Yoga

### One-to-one attention in a private setting

**PROGRAM** Private meditation and yoga sessions are completely customizable based on your unique needs and what you'd like to explore and discover in your own life. For true growth to happen, one has to sustain awareness of a challenge in order to make positive change. Awareness training and yoga is about uncovering who you already are, cultivating what's going well with you, rather than focusing on the negative. Through careful and gentle attending to your own experience, as it is, your world can transform, beginning from the inside out. There's understanding mindfulness intellectually and conceptually, then there's knowing it directly from your own experience and inquiry. Through experiential learning, mindfulness allows us to be innately happier, healthier, live with more focus, patience and compassion for yourself and others. How long have you been ignoring your well-being? You deserve to make self-care a priority. This is a complement to therapy and is not designed to diagnose, treat, cure, or prevent any disorder, condition, ailment, illness, sickness, or disease.

**AUDIENCE** Adults and children, K-12

**DATE/TIME**

- Meet with Allison Peet in person at The Center: 8553 Urbandale Ave, Urbandale and/or
- Meet with Allison Peet from the comfort of your own home, online, in a Zoom platform web room. Private, secure connection, and HIPPA compliant (must have internet access)

**PACKAGES**

- 4 – 1-hour sessions: \$240 (\$60/session)
- 6 – 1-hour sessions: \$330 (\$55/session)
- 8 – 1-hour sessions: \$400 (\$50/session)

\*sessions are not covered by insurance and expire within 6 months of purchase date.

**LOCATION** Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue / Urbandale, IA

**HOW TO SCHEDULE** For more info: [www.dmpcc.org/privatemeditation](http://www.dmpcc.org/privatemeditation)  
Email Allison to set up a time to meet: [apeet@dmpcc.org](mailto:apeet@dmpcc.org)

**FACILITATOR**



Allison Peet, BA, RYT200 is a qualified MBSR™ (Mindfulness Based Stress Reduction) Instructor trained at the UMass Center for Mindfulness where MBSR™ was created by Jon Kabat-Zinn, PhD, and the Mindfulness Center at Brown University. Both schools are the gold standard for exceptional mindfulness training. She's taught since 2016 and has nearly 120 graduates of the course that have reduced perceived toxic stress levels an average of 37%. She is trained through Mindful Schools and teaches mindfulness to youth, K-12 and is a registered 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.