

MINDFULNESS IN EVERYDAY LIFE

Winter 2012

The Intra-vaganza

led by Paul Norton, M.D.

Order of Interbeing

Eleven Mondays 6:30 to 8:30 p.m.
Lake Country Unitarian Universalist Church
W299N5595 Grace Drive, Hartland, WI 53029

Jan 9 Beginning Mindfulness Practice
Jan 16 Sitting and Walking Meditation

Jan 23 Mindfulness of Body
Jan 30 Mindfulness of Feelings
Feb 13* Mindfulness of Thought
Feb 20 Mindfulness of the World

Feb 27 Four Noble Truths
Mar 5 Lovingkindness
Mar 12 Compassion
Mar 19 Sympathetic Joy
Mar 26 Equanimity / Graduation

* one week gap in class

\$175 for entire course \$20 for any individual week
Includes reading materials and 2 CDs of guided meditation

To register: Email milwmindful@hotmail.com or
Phone 414-962-8678 or Mail to Mindfulness Center
1922 East Park Place, Milwaukee 53211

All proceeds go to the Mindfulness Community of Milwaukee and Lake Country Unitarian
Universalist Church

