

# Mindful Living Support Group



**led by Diana Shimkus**

Explore how mindfulness practices can be effective in encouraging us to stay present to all aspects of our lives, including illness, medical treatment and aging. Learn, heal and cultivate qualities of resilience, compassion, kindness, connection and well being.

Each week we discuss mindfulness teachings and principles based upon the groups need, explore a 30 minute guided practice together and offer 20 minutes of mindful movement in which to embody the practices fully.

**1:00- 2:30pm      Wednesdays**  
**held at Soul of Yoga 627 Encinitas Blvd**

offered free of charge

For more information: contact Diana at (760) 310-2920

Chairs are available and meditation cushions and other supportive devices can be made available upon request.

**[everydaymind.com](http://everydaymind.com)**