

Introduction to Mindfulness: A Transformative Journey to Peace & Holistic Well-Being

Study Leader: Kate Weisman

Tuesdays, 9:30 – 11:30 a.m.

4 weeks beginning July 9

AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

Maximum number of participants: 16

Are you ready to embark on a path of self-discovery, stress reduction and enhanced mental clarity? Whether you're a seasoned practitioner or new to the world of mindfulness, this course is designed to welcome everyone, regardless of experience level, background, or age. In an inclusive and supportive environment, you'll explore the art of mindfulness through a variety of engaging activities, guided meditations, and insightful discussions and learn practical techniques to cultivate mindfulness in your daily life.

Throughout this introductory course, you'll:

- Develop a deeper awareness of your thoughts, emotions and physical sensations.
- Cultivate greater compassion and kindness toward yourself and others.
- Learn effective strategies and techniques to navigate life's challenges with resilience.
- Enhance your focus, concentration and overall cognitive function.
- Discover how mindfulness can positively impact your relationships, work and overall quality of life.

No matter where you are on your mindfulness journey, this course offers a safe and nurturing space for personal growth and exploration. Whether you're seeking relief from anxiety, greater presence in the moment or simply a deeper connection with yourself, you'll find valuable tools and insights to support you every step of the way. Join us and embark on a journey of self-discovery and transformation.

Required Text:

Mindfulness for Beginners by Jon Kabat-Zinn

ISBN 978-1-62203-667-7

Recommended Texts:

The Wise Heart by Jack Kornfield

ISBN 978-0-553-38233-4

Radical Compassion by Tara Brach

ISBN 978-0525522812



Kate Weisman

Kate Weisman is an experienced meditation practitioner, a social worker with an MSW from the University of North Carolina, and a leader in various interfaith and community initiatives in Hong Kong where she lived for over 30 years. She is trained in Mindfulness Based Stress Reduction (MBSR in Hong Kong) and Mindfulness Tools (Omega Institute, NY), and soon will complete a two year Mindfulness Meditation Teacher's Certification Program (MMTCP) led by Jack Kornfield and Tara Brach in affiliation with the Awareness Training Institute and the Greater Good Science Center (UC Berkeley). In Hong Kong, Kate served on the steering committee of the Hong Kong Network for Religion and Peace, an interfaith organization. She led a spiritual literacy group under the American Women's Association and was co-founder and chair of the Adoptive Families of Hong Kong. Kate has summered in Sunapee for over 30 years and has now moved to the area full time.