

# Mindfulness Benefits

Research shows up to 68% reduction in Pain, Anxiety, Depression, Insomnia, Asthma, IBS, Addiction, and Cardio-Vascular disease.

All training is built on the evidence-based Mindfulness Based Stress Reduction (MBSR) curriculum, the gold standard since 1979.

Learn to change habitual thought patterns, to RESPOND, rather than REACT to stress.

**Mindfulness is paying attention in the present moment with intention, without judgement.**

**Mindfulness is not stopping thoughts. We become the observer of our own mind, with an attitude of kindness.**

This "leaning into" or softening to experience increases our awareness, focus, and happiness. The benefits spill out into every aspect of life, relationships, mental and physical health.



## Reach Us

West Hartford, CT 06117

860 471-6164

team@mindfulselfhealth.com

www.mindfulselfhealth.com

Class Schedule: mindful.synduit.com



*Live with greater  
ease  
and confidence*

**EXPAND YOUR  
PRODUCTIVITY  
AND RESILIENCE**

# Mindful Self Health

MIND-BODY HEALTH

AROMA-ENHANCED  
MINDFULNESS



**REDUCE ANXIETY  
LOWER STRESS**

Find your Calm



# Who We Are

Linda Pountney MS, trained Mindfulness teacher and Mindfulness Based Stress Reduction Instructor, approved by the UMASS Medical School's Center for Mindfulness, Brown University, and UMASS Memorial Healthcare.

Education: Master of Science in Human Behavior and Family Studies

Art Peterson, plant scientist and integrative health specialist, focusing on cellular health and plant-based treatments. He specializes in natural health solutions for physical and emotional wellbeing.

Education: Bachelor of Science in Horticulture



*We offer individual consults, group classes, corporate workshops, retreats, and educational seminars.*

**FLEXIBLE CLASS DESIGN AND GROUP RATES. THERE IS A PROGRAM TO MEET YOUR NEEDS AND SCHEDULE**

**COMPLIMENTARY INITIAL CONSULT**

# What We Do

## Who can Benefit

### LEARN SIMPLE MINDFULNESS TOOLS

For:

Individuals, Schools, Businesses, Groups, Therapists, Patients, Teachers, Students, Teams, Diet Centers, Cancer Survivors, Churches, Pain Clinics.

Practices:

Awareness of Breath, Mindful Pause, Body Scan, Mindful Walking and Eating.

### MBSR MINDFULNESS BASED STRESS REDUCTION

Mindfulness 6-8 week evidence-based curriculum from the Center for Mindfulness, UMASS Medical School. "Life-changing", "Empowering"

### AROMATHERAPY ENHANCED MINDFULNESS

Class with doTerra essential oil samples and Mindfulness instruction. Aroma can create a Limbic anchor, a mindful, calming memory, to come back to during times of difficulty or stress.

