



VIRTUAL MINDFUL MEET-UP

Body Scan: Training and Strengthening Mindful Qualities

Join us for our Mindful Meet-Up where there is an opportunity to connect with others interested in mindfulness and learn applications of mindfulness which enhance our lives and the lives of those around us. It's for those with a regular mindfulness practice and those who are just exploring the idea of mindfulness. Join us for a single session or join us every month.

It's useful from time to time to explore different meditation practices in more depth. As we engage in the more subtle nuances of these practices, they strengthen various aspects of our mindfulness experiences. At this Mindful Meet Up, we are going to be spending time with the body scan practice.

The body scan is a powerful mindfulness practice which can promote better physical and psychological health. Among its benefits, it: engages the attention of our wandering mind; increases our awareness of what's happening moment to moment; encourages more grounding and centering as we move out of our heads and into the wisdom of our bodies; prompts a "leaning into" more unpleasant physical experiences such as discomfort and pain which helps lessen their power over us; increases an appreciation for living in this physical body; and helps us see the impermanence of fleeting thoughts, feelings, and sensations.

Our facilitator: Coke Hennessy has had a personal mindfulness practice of over 20 years. She is certified to teach mindfulness through the following programs: Mindful Schools Teacher Training, Mindfulness Meditation Teacher Certification Program accredited through U C Berkeley, and The International Meditation Teachers Association - Professional Level. She has been teaching mindfulness to various individuals and groups for over a decade. Coke teaches Foundations of Mindfulness and Deepening Mindfulness Practice classes at Mercy Conference and Retreat Center.



*Tuesday, August 3
6:45 - 8:15 p.m.*

Fee: \$10

*Offered via Zoom
Space is limited*

*Facilitator:
Coke Hennessy*

*Visit our website for
details and to register:
www.mercycenterstl.org*



MERCY CONFERENCE
AND
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2039 North Geyer Rd.
St. Louis, MO 63131

