

Creative Mindfulness:

How Do We Live More Generative, Aware Lives?

with Rev. Bussho Lahn, C.S.D.

Six Tuesdays, Sept. 8 - Oct. 13, 2020, 6:00-8:00pm (via Zoom)

Mindfulness is a fundamental component of creativity and meditation practice as well as being widely recognized in the psychological community as an excellent tool for alleviating stress and all the problems that accompany it. We will talk about creativity as a natural outpouring of mindfulness and mindfulness as essential to cultivating a creative life. Each week there will be a teaching followed by a practical application and experience of mindfulness. This series will help us develop creative day-to-day mindfulness practices so that we more deeply experience and enjoy our precious and fleeting lives.



We'll explore...

- *Mindfulness: Why?*
- *Mindfulness: What it is and what it isn't*
- *Mindfulness of breathing*
- *Mindfulness of body*
- *Mindfulness of emotions*
- *Mindfulness of thoughts*
- *Creative mindful walking*
- *Creative mindful eating*
- *Creative mindful art projects*
- *Creative mindful relationships*
- The source text for all mindfulness practice, the ancient *Satipattana Sutta*
- *and more!*



Join us for an educational and experiential 5-week introduction to creative mindfulness practices! This class is designed to be welcoming and accessible to the beginner, as well as stretching and challenging for the more experienced. Many have taken this popular series multiple times, and ***All are welcome!***

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Cost for six two-hour classes: \$199

Class fee includes 65-page accompanying book with weekly teachings and practices for further exploration and one 30-minute optional personal meeting with the instructor.

Scholarship rates available. Scholarship supporter rate: \$249.

10% of all proceeds for 2020 donated to NAACP and UNICEF.

**For more information or to register, please contact Bussho:
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