



## *An Afternoon of Mindfulness*

*Mindful Breathing, Sitting Meditation & Walking Meditation  
At Loretto Center in Wheaton  
Saturday, November 6th, 2010  
1:00pm- 4:00pm*

*To be mindful is to be really alive, fully aware of our body and mind and of our surroundings in the present moment. Actions done in mindfulness and with a smile, bring about lightness and joy.*

*The afternoon will begin with the practice of mindful breathing. Our breathing is the stable, solid ground in which we can take refuge. Sitting Meditation (chairs available) is like returning home to give full attention to and care for ourselves. We let our mind become spacious and our hearts soft and kind.*

*Walking meditation, with each step, we arrive in the here and now, becoming solid and free. As we coordinate our walking with our breathing and we become aware of life all around us, we realize that we are capable of walking in peace.*

*Patti Essig will facilitate the afternoon and has fashioned the mindfulness program on her retreat with Thich Nhat Hanh.*

*Register by calling Loretto Center at 630- 653- 7918  
Cost: \$30 before October 16th, \$35 after October 16th*

*For directions to Loretto Center go to [www.lorettocenter.org](http://www.lorettocenter.org)*

*Breathe Relax LetGo!*