

Mindfulness-Based Living Program

SAGE Inc., is pleased to announce the launch of its new **Mindfulness Based Living Program!** A 1.5 hour **Introductory Session** provides participants with the basic tools needed to begin meditating and practicing mindfulness based living. Upon completion participants may then choose to attend the ongoing **Weekly Mindfulness-based Practice Sessions** designed to deepen their understanding of the various forms of meditative practices and their associated benefits. Meditation and Mindfulness-based practices have a wide range of benefits proven to assist adults, youth and children with;

- Managing fluctuating emotions and improving emotional stability
- Decreasing stress and anxiety
- Becoming more relaxed, focused and centered
- Boosting creativity and gaining more energy
- Creating the right life balance between work/school and home
- Gaining greater clarity and peace of mind
- Improving tension related conditions including high blood pressure, insomnia and tension related pain

Introductory Session – Mindfulness-Based Living	1.5 hours	Offered every 2 nd Wednesday starting on March 18 th , 2015 from 6:30PM to 8:00 PM
Weekly Mindfulness Based Practice Sessions	1.5 hours	Offered every Thursday from 6:30PM to 8:00 PM

Costs per sessions \$45 | Package of 5 sessions \$195 | Package of 10 session \$375 | All prices include HST
Private sessions also available at \$80 per hour

Sessions are provided at SAGE Inc. located at 70 King Street, Moncton NB
 Wear something casual and comfortable and be prepared to relax and learn while having fun.

SAGE is proud to present Ms Brenda Long as facilitator and instructor of its Mindfulness-Based Living Programs. Brenda is an experienced Life Coach and well known teacher and motivational speaker both in the community and corporate sectors alike. As a certified Meditation and Mindfulness based living instructor, she is highly experienced in offering private and group Life Coaching and Meditation training services.



Call now to register at 506-857-3258 or visit us on-line at www.sageforyou.com

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT US AT:

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