

Balance- Health and Well Being Stress Reduction

Mind-Body-Spirit Skills Groups are groups that honor the whole person that you are. They are educational and experiential groups that promote healthy living, wellness and stress management. The groups offer opportunities to learn to work more effectively with physical and emotional stress related problems in a supportive and nurturing environment. Mind Body Groups combine the precision of modern medicine and up to date research with the wisdom of ancient healing.

This 6-week series has at its core the teaching of mindful-awareness practices. Participants will learn and practice the tools of awareness and relaxation, focusing on a variety of mind-body techniques that have proven effective in enhancing health and well-being. Today's increasingly frenetic and high-pressured world is leading most of us to feel overwhelmed and stressed on a daily basis. Research is demonstrating that you can learn to change your body and brain states using simple, easy to learn relaxation skills. You need not be sick to get better! These techniques are powerful allies in self-care and prevention. The group series, also serves to complement the medical management of chronic pain and stress-related conditions, and provides an opportunity to transform the physical, mental, emotional, social and spiritual dimensions of our lives.

Specifically participants have found:

- A decrease in depression and anxiety
- A heightened sense of well-being and engagement in life
- Better coping skills through learning a dependable range of useful tools for managing pain, anxiety and stress
- Greater insight and positive perception
- Fewer physical symptoms of illness with less pain and fatigue and more energy
- Enhanced immune system

By learning the techniques and the latest scientific research on how stress works on our brain and body we can find more ease in our life, enjoyment, and balance.

GENERAL INFORMATION: The groups will meet for six weeks beginning Tuesday, February 6th and continue to meet on February 13th, 20th, 27th and March 5th and 13th

Fee: The cost of this six- week group is \$150.00. Partial scholarships are available based need.

The meeting place is in Minnetonka, MN near Hwy 169, Hopkins Crossroads and Cedar Lake Road. Directions will be given upon registration

Pre-Registration is required no later than February 1, 2007. For more information or to pre-register call Lora at 651-592-1176 or email lora@transformativepractices.com