

# Community Mindful Meditation

*Presenter:*  
Heidi J. Stark, M.Ed, RYT 500



Heidi has taken Mindfulness Based Stress Reduction (MBSR) coursework with UMass Memorial Health in Massachusetts, where the program originated and has obtained her teacher certification through Brown University's School of Public Health in Rhode Island.

Heidi has studied directly with Jon Kabat-Zinn, the creator of MBSR. Her Mindful Self-Compassion (MSC) Training is through the Center for Mindful Self-Compassion. She is a registered yoga instructor (RYT500) and has taken additional advanced yoga and mindfulness trainings in the areas of trauma sensitivity, anatomy, child and family, autism, ADHD and differently-abled as well as yoga for cancer.

Heidi brings a career in working with people of all ages spanning over two decades, much of this in the public education sector. She holds Bachelor's Degrees in Early Childhood and Elementary Education and a Master's Degree in Special Education. After discovering the profound impact the tools of mindfulness, yoga, and meditation had on her own life, she began a journey with the intent to share these heartfelt and research-based practices with others. She can be contacted at [hjstarkwc@gmail.com](mailto:hjstarkwc@gmail.com)

**All fees related to this class  
are paid by  
Parkview Bryan Hospital**

**The group will meet for 4 consecutive weeks:**

Tuesday, August 5 - 9 - 9:30 AM

Tuesday, August 12 - 9 - 9:30 AM

Tuesday, August 19 - 9 - 9:30 AM

Tuesday, August 26 - 9 - 9:30 AM

## **Intended Audience:**

All are welcome! No experience needed.

## **About this Program:**

Sessions will consist of a 20 minute lightly-guided meditation with optional discussion time (10 minutes) with community following. Participants can choose what works best for their interest and schedule and can participate in the guided meditation alone, or stay for discussion. Chairs and yoga mats will be provided, or you may bring your own mat or cushion.

For the purpose of this series, participants need not commit to attending all sessions – therefore, registration is not required.

## **Location:**

All classes will be held at Parkview Bryan Hospital in the ***East End of the Dining Room.***

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