

Mindful Awareness Practices: *How to Manage Change and Loss*

a workshop presented by

Dr. Janine H. Burns

Sunday, October 3rd, 2010

1:00 to 3:15 PM

Suggested Donation: \$20.00

Your thoughts, your feelings, your identity after change or loss all become vehicles for your own evolution. Becoming mindful and fully aware of your behavior and thought patterns can take you from living with fear or sadness or discontent to living with openness and passion.

This workshop teaches specific Mindful Awareness Practices (MAP) that you can utilize to enhance your daily living and manage change and loss. All are invited to join in this unique program where you will learn skill sets to enhance your spiritual practice.

Dr. Janine H. Burns is an Interfaith Chaplain and Spiritual Counselor who teaches Practical Spirituality nationwide through lectures, interactive workshops and personal coaching. She holds a Doctorate of Divinity from Emerson Theological Institute and is certified in Transformational Breath and with New York State as a Mediator.

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