

To register, please

- **Confirm Space** by email Diane@MattersOfTheMind.com or by phone (559) 447-5850.
- You can pay with **Check or Credit Card**.
- **Location** is in Fresno near Woodward Park.
- You will receive a **confirmation** email along with location and directions for your specific class. We look forward to meeting you and being of service!
- **Classes and Private Instruction** are available.
- **CEU Credits for LCSWs, MFCCs, and Registered Nurses** are available; Call for details.

Contact Information:

(559) 447-5850
Diane@MattersOfTheMind.com

QUARTERLY CALENDAR: Jan - Apr 2018

BEGINNING MEDITATION:

Health, Happiness & High-Performance

Four 2-hr sessions. Includes Workbook + Meditation CD.

\$200 (\$175 if registered 2 wks prior) Choose from 2 classes:

* **Tuesday Eves: Jan 30, Feb 6, 13, 20. 6:30-8:30 pm.**

* **Monday Eves: Apr 9, 16, 23, 30. 6:30-8:30 pm.**

PRIVATE INSTRUCTION is available, or create your own Group w/ times by agreement. Call for CORPORATE TRAINING PROGRAMS.

INTRODUCTION to MINDFUL EATING:

Eat with Peace, Purpose & Pleasure! (2-1/2 hours)

Wed eve, Feb 7, 6:30-9:00 pm. \$40 (\$35 if registered 2 wks prior)

INTRODUCTION to LOVING-KINDNESS MEDITATION:

Compassion for Self & Others (2-1/2 hours)

Wed eve, Feb 28, 6:30-9:00 pm. \$40 (\$35 if registered 2 wks prior)

COMPASSIONATE COMMUNICATION:

Language of Peace & Power

Five Wednesday eves, Mar 28, Apr 4, 11, 18, 25. 6:30-8:30 pm.

\$200 (\$175 if registered 2 wks prior)

INTRODUCTION to MIND-BODY SKILLS for CHRONIC PAIN:

7 Research-Based Techniques (2-1/2 hours)

Tuesday eve, April 10, 6:30-9:00 pm. \$40 (\$35 if registered 2 wks prior)

MONDAY MEDITATION DROP IN: Practice, Support, Community

2nd/4th Mondays 5:30-6:30 pm.

Jan 8, 22, Feb 12, 26, Mar 12, 26, Apr 9, 23.

Love offering. Please call first 559-355-2056.

Fees: Please let us know if you need financial arrangements. Ltd Scholarships avail.

Cancellations: If 7 days prior to class, 75% credit good for 1 yr, or cash refund less \$50.

After that, 75% credit for 1 yr.

Registration Form

Name _____ Phone _____

Address _____

Email _____

Course Name(s) and Number(s) _____

Total Fee Enclosed \$ _____