

CLASS CALENDAR
Mind-Body Classes
Jan-June 2024

with Dr. Diane Dimon



Dr. Diane Dimon

BEGINNING MEDITATION: *For Health, Happiness & High-Performance*

Meditation is simple, natural, cost-effective, and it lasts a lifetime! Learn to harness your mind for more health, happiness, and high-performance. Learn 3 research-based mental skills that reverse the stress response *and* outgrow thinking patterns that *cause* stress. These techniques are versatile and can be done formally, during activities, in short “mini-meds” throughout the day, and even during upsets. Learn to respond instead of reacting to life with more calm and compassion. Improve mental clarity, relationships, and self-esteem while reducing anxiety, pain, hypertension, fibromyalgia, psoriasis, insomnia, and other stress-related conditions. Be more present for your life and enjoy more vitality, health, and peace of mind. **(Private Instruction is also available). Includes CD + Workbook. \$225 (\$210 if registered 2 wks prior). 2 courses to choose from:**

- **Monday evenings: Jan 29, Feb 5, 12, (skip 19), 26. 6:30-8:30 pm**
- **Tuesday evenings: Apr 2, 9, 16, 23. 6:30-8:30 pm**
- **Wednesday evenings: June 5, 12, 19, 26. 6:30-8:30 pm**

2-Hour Introduction to MINDFUL EATING: *Eat with Peace, Purpose, and Pleasure*

Are you ready to outgrow the painful struggle with Food, Eating, and your Body? Move beyond dieting and negative self-judgments to learn awareness skills that transform eating! Learn 7 distinct techniques to eat without stress, dissolve unconscious eating patterns, and reconnect with your body’s wisdom and beauty - from the inside out. Cultivate your taste buds as you explore true nourishment for the *whole* body. Manifest your *natural* body as you bring joy and balance to eating.

- **Wednesday evening, Feb 21 from 6:30-8:30 pm. \$50 (\$40 if registered 2 wks prior)**

2-Hour Introduction to MIND-BODY SKILLS for CHRONIC PAIN: *A Research-Based Approach*

Relieve pain using 7 simple, clinically proven, cost-effective techniques that harness the power of your mind. Research shows the newest breakthrough treatments for pain are also the oldest. Patients suffering everything from headaches to fibromyalgia to back pain are learning how to use their mind to reduce physical suffering. Learn core concepts in Mind-Body Medicine and Gate Theory of Pain, and how to close your brain’s “pain gates” using perception. Discover how proper breathing, meditation, mindfulness, cognitive reframing, mental imagery, positive self-talk, and even self-love can increase pain-blocking body chemistry. Learn how to reclaim your joy of living as you change your *perception* of pain, your *relationship* to pain, and your *experience* of pain.

- **Monday evening, March 11 from 6:30-8:30 pm. \$50 (\$40 if registered 2 wks prior)**

2-Hour Introduction to CREATIVE VISUALIZATION: *Discover Mind’s Power to Create & Heal*

Do you want more money, lovely things, more friendships, more fun and adventure, a special partnership, a healthy or trim body, states of consciousness like love, peace, joy, and wisdom? Create the life you want by learning to skillfully use the Law of Attraction. Quantum physics tells us that everything is made of energy and that our minds influence what form the energy takes. We are always creating with our mind, often in unconscious ways that allow old patterns and negative beliefs to manifest as “self-fulfilling prophesies.” Learn how your brain and bio-computer work, and set a larger abundance blueprint for your life. Clarify what you truly want and eliminate self-sabotage. Learn six time-tested steps to create your life on purpose.

- **Wednesday evening, Apr 10 from 6:30-8:30 pm. \$50 (\$40 if registered 2 wks prior)**

2-Hour Introduction to LOVING-KINDNESS MEDITATION: *Radical Love of Self and Others*

Love empowers and transforms our lives, and research now confirms that it’s quite literally good for our health. But when we are caught in the primitive fear-based mind, loving can seem difficult and remote. This timeless technique directs intention and attention toward loving. It softens and opens the heart to create a wonderful connection with ourselves and others, and a deep sense of belonging in the world. It’s a powerful and systematic process that cultivates compassion, goodwill, and kindness for ourselves, loved ones, strangers, difficult people, difficult aspects of ourselves, and eventually all beings.

- **Monday evening, May 20 from 6:30-8:30 pm. \$50 (\$40 if registered 2 wks prior)**

To REGISTER for CLASSES & RETREATS

Call **(559) 447-5850** to confirm there is space in the class, and to register.
Class location may be in-person or virtual via Zoom ***www.MattersOfTheMind.com***.