

# GUIDED MINDFULNESS PRACTICE

with Shirley McMillan

Pastoral Care  
Calgary Presbytery  
invites you to  
experience the benefits of  
mindfulness including:

Sitting Mindfulness  
Reclining Meditation  
Mindful Yoga  
Eating Meditation  
Walking meditation  
Loving Kindness Meditation

June 23 rd

9 a.m.—1 p.m.

\$20/person

Scarboro United Church

Be  
Here  
NOW

“Mindfulness Based Stress Reduction tools are personally transformative in working with stress in my daily life to settle thoughts, find steadiness, resilience, and flexibility.”

Shirley McMillan is a practicing Registered Nurse with Alberta Health Services, a Yoga teacher and Meditation facilitator. Her gentle, compassionate approach reflects her respect for the individual needs and abilities of each participant.

Shirley has trained with Dr. Jon Kabat-Zinn and Saki Santorelli as well as with many internationally recognized teachers in the Buddhist and Yoga tradition.

Register and pay online at:

[www.pastoralcareunited.ca](http://www.pastoralcareunited.ca)

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403.294.0378

Space is limited to 20 participants!