

EASING INTO COMFORT

NAVIGATING PAIN WITH MINDFULNESS

"Mindfulness transforms pain from a burden into a teacher, guiding us toward deeper resilience and self-compassion."

Are you facing challenges associated with acute or chronic pain? Explore a journey towards enhanced peace, comfort, and overall well-being. Through just four sessions, you will acquire the tools to reshape your experience of pain through mindfulness techniques, promoting a harmonious and a more resilient lifestyle.

- Through discussion, mindful meditation practice, and Q&A, learn to work *with* pain, *not against it*, by better understanding the mind-body connection.
- Learn to foster a relaxation response and attune to a state of ease during difficult and uncomfortable moments of physical pain.
- Navigate your thoughts and their impact on pain, creating a balanced and approachable perspective.
- Tackle pain-related emotional challenges, developing self-compassion and the ability to respond, nurture, and adapt.
- Reclaim your comfort and peace. Embrace a life where pain does *not* dictate your happiness.

DATES: THURSDAYS - 5/16/24, 5/23/24, 5/30/24 & 6/6/24

TIME: 4:00 PM LOCATION: ZOOM LENGTH: 1 HOUR

 **DONATION BASED**

Hosted by Katie Fleming Thomas, MS, LPC, CIMHP, NPT-C

Katie, a psychotherapist & mindfulness practitioner, found a new path in managing her own chronic pain from an injury. She shares these techniques to empower others, turning struggle into strength while blending professional expertise and personal insight to guide others to embrace a more enriched life, even in the presence of persistent pain.

EMAIL TO SIGN UP TODAY!

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