A Course in Mindful Parenting

Mindful Parenting is being fully present in each moment with your child with kindness, consideration and compassion.

Class Description: So often the demands of life affect our ability to practice patience and deep listening with our children, which can impact the quality of the parent/child interaction. Identifying reactive patterns and exploring options for attending to the unplanned stressors can improve the quality of life and relationship between a parent and child. In this 2-hour workshop, participants will be introduced to the foundations of Mindfulness practice and techniques for paying attention to present moment experience while engaging with their children.

Benefits of Mindful Parenting:
- A deeper awareness of your own stress reactions
- An increased ability to respond more skillfully to the unplanned and stressful moments with your child
- Learning to listen with kindness to yourself and your child
- Learning to problem-solve with your child with patience and wisdom

Class Offered:
Third Saturday of Each Month, 10:30 am to 12:30 pm
Registration Fee: $30
(Save $5 off each registration if 2 or more register together)
Program based upon the book *Everyday Blessings* by Myla and Jon Kabat-Zinn

Teachers
Lorraine M. Hobbs, M.A., CHom., MBSR Teacher, Certified Iyengar Yoga Teacher
Lucas LeardMann, B.A. Mindfulness Teaching Intern

For Information & Registration: [http://mindfulness.ucsd.edu](http://mindfulness.ucsd.edu)