



OPENNESS | CURIOSITY | COMPASSION | **MINDFUL MOTHERHOOD**

In motherhood, we tend to focus on "doing." Feeding, changing, comforting, singing, rocking, holding, and the list goes on and on. This focus is necessary and can be overwhelming, stressful, and laden with big emotions. **Mindful Motherhood** is an experiential and psychoeducational eight-week course that incorporates Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy as well as components of Acceptance and Commitment Therapy and Dialectical Behavior Therapy techniques in an effort to shift some of the focus from "doing" to "being." This training has been specifically designed by the Institute of Noetic Sciences for postpartum moms with babies that are up to one year old. The training will include three essential practices: (1) mindfulness while sitting, (2) mindfulness while moving, and (3) mindfulness in everyday life. Mothers attending this training are encouraged to bring their babies with them.

This training will aim to reduce stress and improve stress tolerance, improve emotional regulation, enhance parenting skills, enhance attachment and bonding with baby, and encourage healthy self care behaviors (e.g. nutrition). This training will teach mothers to approach their babies just as they are, with a sense of openness, curiosity, and compassion, in order to shut off the autopilot and develop the capacity to be present with their baby during any situation.

When: Saturdays, 9:30am - 11:30am

Where: Life Worth Living, LTD, 10597 Montgomery Road, Ste 101

Cost: \$55 per training (\$55 for pre-training consultation and \$15 post)

How Do I Sign up? Email lwlcincinnati@gmail.com

*As part of the training fee, you will receive the Mindful Motherhood book, guided meditations and audio files, class handouts, and mindfulness training exercises. ***You are encouraged to bring your baby (up to one year of age) to the trainings. Please secure childcare for older children.****

SPACE IS LIMITED

Due to the practice of mindful movement, space is limited and may fill up quickly.