

61 Days to Mindfulness

For Counselors and Therapists

Improve your presence within the therapeutic relationship.
Develop a genuine harmonious attitude and a positive, unconditional environment.

W: www.meditationvillage.ca

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“The most powerful healers or teachers are those who can model authentic presence and bring it into their work. Inviting and allowing another person to have his or her experience just as it is – this is perhaps the greatest gift anyone can offer”

John Welwood, *Toward a Psychology of Awakening*

Introduction

In recent years ancient eastern practices of meditation have increasingly found their way into a variety of treatment modalities as well as into personal practices of therapists and counselors.

Health care professionals are interested in meditation and mindfulness as a self-regulating strategy, non-drug treatment alternative and model of positive health in which values and meanings are contrary to those reflected in a consumer capitalist society.

Mindfulness meditation teaches the practitioner to be focused and present with their client; allowing him or her to convey a genuine harmonious attitude and adopt a positive and unconditional environment of compassionate understanding.

Various research studies* have shown mindfulness meditation to be effective in addressing stress and pain management, evoking relaxation, improving psychological and physical health and enhancing personal understanding and insight, making decisions rationally rather than emotionally, increasing density of grey matter in brain regions associated with memory, stress and empathy.

* Astin, 1997, Kabat-Zinn 1982, Kabat-Zin, Lipworth & Burney 1984, Kabat-Zin, Massion, Kristeller, Petersin, Fletcher, Phert, Kenderkin & Santorelli 1992, Miller, Fletcher & Kabat-Zinn 1995, Reibel, Greeson, Brainard & Rosenzweig 2001, Shapiro, Schwarz & Bonner 1998, William, Lolar, REger & Pearson 2001)

More:

http://www.sciencedaily.com/releases/2011/04/110420112328.htm?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+sciencedaily+%28ScienceDaily%3A+Latest+Science+News%29&utm_content=Google+International

<http://www.yesmagazine.org/happiness/a-little-meditation-goes-a-long-way>



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“In essence, the counseling process is more beneficial when both the therapist and the client are attuned to the present moment.”

Journal of Humanistic Psychology

Program Goals

From an evidence based perspective; participants learn how to create a calm and focused mind, increase clarity, concentration and awareness. Learn how to be fully present with the client and develop the ability to let go of internal preconceptions and chatter that limit objectivity.

Program Features

Expertly guided meditation sessions, professional group instruction and practice for mindfulness meditation, breathing techniques for mind / body connection and light stretching to improve relaxation, 61 Days of Meditation Instruction on 15 audio files (mp3's), a step by step guide, access to a library of podcasts and supplementary learning material.

Optional Services

Mindfulness Coaching Program helps define and achieve meditation goals, assess and refine meditation techniques and teaches how to incorporate meditation techniques into everyday life.

Achievable Outcomes

- Bank of techniques to share with clients
- Increased presence & concentration
- Heightened learning memory
- Even mindedness
- Mature meditation practice
- Improved emotion regulation
- Decreased stress
- Awakened intuition
- Positive demeanor
- Meaningful relationships
- Prolonged happiness
- Increased objectivity



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“ Lesley has the patient conscientiousness needed in a good teacher as well as a delightful sense of humour to make the learning not too hard. I trust her completely.”

Jetsunma Tenzin Palmo



Lesley Kovitz, BA, MY

Drawing from long experience in Tibetan Buddhism and Yoga; Lesley (also known as Yeshey Palmo) co-created the 61 Days to Mindfulness program based on her experience in mental health as program manager and child care counselor; online telephone counseling, group support, teacher, program development and management combined with 18 years of extensive study and practice of yoga and meditation as a means achieving lasting inner stability. In this quest, she has spent thousands of hours practicing meditation and yoga and hundreds of hours in retreat.

Lesley has developed a complete Mindfulness Meditation Program. Meditation Village is a sequential learning system that assures maximum benefit is achieved from personal mediation practice by learning the right tools and methods at the right time and in the right way. The program is specifically designed to break down the obstacles to consistency that so often trip up experienced and non-experienced meditators.

Lesley traveled extensively worldwide with Jetsunma Tenzin Palmo subject of acclaimed novel, *Cave in the Snow: Tenzin Palmo's Quest for Enlightenment* on her international dharma teaching tours, is a certified yoga professional and advanced senior teacher on the Faculty of Langara College as Meditation Instructor and holds a Social Sciences degree from the University of Winnipeg, Canada.

Contact

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61 Days to Mindfulness

Classes

Classes: 8 – 45 minute sessions

Investment: Classes of 10 + participants \$99 each
Classes of 1 – 9 participants \$149 each

Includes:

- Complete audio program (61 days of instruction on 15 audio files),
- Professionally guided instruction for mindfulness meditation, breathing techniques and stretching,
- Detailed instruction for what to do with the mind in meditation, the breath in meditation and the body in meditation,
- Tools to help translate what is practiced during meditation to everyday life.

With Coaching

Coaching: 6 – 30 minute telephonic sessions with multi media support

Investment: \$410 per person

Includes:

- 61 Days to Mindfulness Program, classes and coaching session

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