



INSTITUTE FOR
**MINDFULNESS
STUDIES**

Mindfulness & Parenting Workshop

- Embracing What is Apparent -

Join **Scott Rogers** as he leads a group workshop on mindfulness for parents, and child-care givers. This two-hour workshop offers an introduction to "mindfulness" and its real-world application in the context of parenting.

To really be present is to embrace what is apparent. And to be a grounded parent is to have the courage and insight to embrace what is real. Mindfulness allows us to see more clearly the ways that we can get lost in past and future -- in regret and worry -- and compromise our ability to really be there for our child -- and ourselves. While we can discuss all day the benefits of being "present" and in touch with the present moment, it is only when we actually cultivate ways to experience present moment awareness that it can begin to transform us.

The workshop offers an interactive discussion of mindfulness along with experiencing exercises for toning down mental chatter and cultivating greater mindful awareness. Together we will learn ways to see more clearly the thoughts and feelings that arise in our minds as we interact with our children (and live life). Rather than getting caught up in old dramas and afflicted reactivity, we remain centered and surprise ourselves with our ability to really be there -- ready for what arises moment by moment.

Maintaining a more grounded presence as we listen to, speak with, and guide our children through their lives, we offer them so much more of our intuitive wisdom, clarity, and compassion. And, in turn, so much is offered to ourselves.

**Sunday, February 22, 2009
1:00 p.m. to 3:00 p.m.**

Where: Inst. for Mindfulness Studies
800 West Avenue, Suite C-1
Miami Beach, Florida

Cost: \$75 per person,*
\$125 per couple

Contact: Call 786-239-9318 or e-mail
workshop@mindfulliving.net.

*Scott's book will be available to participants at the discounted rate of \$10.



Scott Rogers, M.S., J.D., is director and founder of the Institute for Mindfulness Studies. He is author of *Mindful Parenting: Meditations, Verses & Visualizations for a More Joyful Life* and founder of the internationally recognized mindful-parenting community found at www.themindfulparent.org. Scott has appeared on television, National Public Radio, and been interviewed for newspapers and other publications for his work with mindfulness and parenting. Scott has been introducing mindfulness to parents, teachers, attorneys, and educators since 2003. His work, which incorporates cutting-edge neuroscience findings on mindfulness practices is noted for the original methods developed to make mindfulness more accessible in people's daily lives.