

Fall 2019



Mindfulness Meditation for cancer patients and their caregivers

Mindfulness meditation can bring immense benefits to our lives.

Research has shown that a mindfulness practice can improve pain management, sleep, and emotional control; reduce stress, tension, and anxiety; lower blood pressure, enhance awareness and mental focus, and lead to a greater appreciation for life.

In this four-week class for cancer survivors and their caregivers/loved ones, we will work towards establishing a daily meditation practice by learning meditation posture, breathing, body awareness, mental attitude, mind-body relaxation, focused attention, and deep acceptance with what is.

Regardless of our struggle, the goal of mindfulness meditation is developing the ability to see and address chronic mental habits that cause unnecessary suffering. Mindfulness allows us to better cope with life's challenges and helps us find rest and equanimity in the underlying natural state of our minds.

About the instructor

Blaine Snow teaches at Saint Martin's University and has practiced meditation and Buddhism since 1982. He has extensive experience and training in teaching mindfulness practices. A native of Washington State and worldwide traveler, Blaine speaks Spanish, Finnish, and Chinese and enjoys East/West philosophy, astronomy, music, biking, and wilderness.

www.provcancer.org

Sept 11,18,25 • Oct 2

6-7:30pm

**Providence Regional
Cancer System
4525 3rd Ave. SE, Suite 200
Olympia**

Fees: \$40 for 4 sessions

**Call Cobie Whitten at
360-412-8949 to register.**