

The Mindful Path to Changing Habits

- *Ready to change an unwanted or unhealthy habit?*
- *Interested in learning how meditation practice can transform habits?*
- *Want to learn new skills for living in alignment with your deepest wishes?*

Join **Hugh Byrne**, senior teacher with the Insight Meditation Community of Washington, for this 6-week course to bring greater ease to your life.

Dates: Six Mondays, 7:30 – 9:00 pm, May 5–June 16, 2014 (no class 5/26)

Location: IMCW's Center for Mindful Living, 4708 Wisconsin Avenue, NW
Three blocks north of Tenleytown Metro—Red Line
On-street parking available

Cost: \$200 – includes CD and all course materials

Register: Email us at info@mindfulnessstraining.org

Habits play an extremely important part in our lives. It has been estimated that almost half of our actions are habitual in nature—carried out in an automatic way, triggered by environmental cues. Habits help simplify our lives, but can lead to stress and suffering when our habits, such as eating or drinking without awareness, smoking, surfing the Internet for long periods, are out of alignment with our deepest needs, values, and intentions.

Mindfulness can transform unhealthy or unwanted habits by bringing awareness to the cues or triggers that stimulate habitual behaviors and providing the skills to open to and see the impermanence of difficult experiences (including bodily sensations, emotions, and mind states), thereby laying the basis for well-being and living in alignment with our deepest wishes for ourselves.

This series of six Monday evening classes will provide practices of meditation and inquiry to help transform unhealthy or unwanted habits. No previous meditation experience necessary.

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