

Intro to Mindfulness Workshop FAQs

Who is this workshop for?

This workshop is designed for those interested in learning about mindfulness and how to apply this practice to their day to day.

Where do we meet?

We will meet virtually over a secure network platform. Participants will be asked to access Microsoft Teams in order to participate in the workshop.

How much does it cost?

The cost is \$379 for the entire course.

How long is the workshop?

The workshop meets weekly for 10 weeks.



Dates:
Evening Cohort
Tuesdays
April 12 - June 14, 2022
Time: 7-8pm

Midday Cohort
Fridays
April 15 - June 17, 2022
Time: 12:30 - 1:30pm

**Cost: \$379 for the
10 week course**

**Contact Us for
More Info!**

To sign up or for more
information email Sharon at
slight@focused-solutions.com

INTRODUCTION TO MINDFULNESS WORKSHOP

Led by Sharon Light, LCSW-C



About the Instructor

Sharon Light, LCSW-C is a clinical social worker, mindfulness instructor and certified Reiki practitioner. In 2009, after a 13-year career in TV media, Sharon transitioned from the corporate world to pursue the work she was meant to do as a helper and healer. Sharon brings warmth, empathy and a holistic perspective to her practice. She is skilled in mindfulness, cognitive-behavioral and solutions-focused models, and works with clients experiencing depression, anxiety, trauma, PTSD, stress, relationship issues and life transitions. In addition to her clinical practice, she teaches mindfulness workshops to help her clients recognize the benefits of "slowing down" in the present moment so that they might better relate to conflict. Sharon is passionate about whole-body wellness, and empowers her clients to identify attainable goals and to make the changes they desire.

Are you interested in learning about mindfulness and how to incorporate it into your day-to-day?

Do you find yourself worrying about the past or future?

Having trouble remembering when you last felt fully present?

If you answered YES to any of the above, please join us for an engaging Introduction to Mindfulness Workshop designed to help you customize your mindfulness practice to fit YOUR day-to-day.



At each weekly class you will learn:

- Key concepts of mindfulness and meditation
- How mindfulness can help with stress, pain, and other emotional and physical ailments
- New techniques for awareness and stress-reduction
- Strategies to overcome obstacles to being mindful

You will receive:

- A weekly email with class materials, along with exercises and lessons
- Book, app and instructor recommendations to support ongoing practice

Visit our website today to reserve your spot!

www.focused-solutions.com/workshops