

# Core Mindfulness Skills Class



Are you feeling anxious, sad, overwhelmed, or disconnected? Consider attending a mindfulness workshop hour. I will lead you and other participants in gentle, safe, trauma-informed exercises to help you achieve an optimum state of health and well-being.

Mindfulness training can be beneficial for anyone — especially during the holiday season! Whether you have experienced trauma, abuse, depression, anxiety, or just want one peaceful hour to focus on yourself and your mental balance this season, I would be honored to get you started and advance your understanding and practice of mindfulness. This workshop will help you live your life more effectively, moment by moment.

There will be four consecutive classes in this series on **Saturdays at 11:00AM**.

The dates are **December 15th, 22nd, 29th, and January 5th**.

You can sign up for as many individual classes as you want to attend. There is a discount for those that choose the whole series. Please call Balance and Potential today to register.  
678-644-0039

Shelley Burke is a Licensed Professional Counselor (LPC) who works with adults ages 18 and up. She earned her Master's degree at Naropa University in Colorado, a forerunner of the modern mindfulness movement and contemplative education principles.

Shelley is also available to provide individual counseling to adults. She is a Dialectical Behavior Therapy (DBT) Informed counselor as well as a provider of Cognitive-Behavioral, Gestalt, Experiential, Existential, Brief/Solution focused, and Mindfulness Psychotherapies.