

Learn Core Mindfulness Skills!

Saturdays at 11:00 a.m. -12:00 p.m.



Would you like guidance in becoming more mindful and aware – how to live each moment fully present? Have you been feeling overwhelmed, distracted, anxious, sad, or disconnected? Consider attending a mindfulness workshop hour. I understand the impact of trauma and will lead you and other participants in gentle, safe, compassionate exercises to help you achieve an optimum state of health and well-being.

Mindfulness training can be beneficial for anyone! Whether you have or have not experienced trauma, abuse, depression, or 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.

Four consecutive classes in a series! Sign up for as many dates @ \$85 as you want to attend.

There is a discount for those that sign up for all 4

Contact Balance & Potential *today* to register!

678-644-0039

Shelley Burke is a Licensed Professional Counselor (LPC). Shelley 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.

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