

Renew Mama

6-Week Mindfulness Course For Moms

Rocky Mountain Center
for Counseling and Stress Reduction

*Barely enough time for yourself?
As a busy mother are you seeking some downtime, community and self-care?*

Renew Mama is a 6-week introduction to basic mindfulness practices that restore the nervous system and bring wellness to the whole body. The program focuses specifically on motherhood and restoring oneself while raising babies and young children.

Each week we will:

- Practice restorative and mindful-based yoga.
- Learn the basics of mindful meditation - this is especially developed with the mama in mind (as there is not a lot of time to sit and be still these days)
- Share and listen in a group of other mothers with similar challenges and joys.
- Have the opportunity to express our creative self in a myriad of ways, with no previous creative or artistic experience needed.
- Learn new tools to help navigate parenting little ones with more ease.

Begins September 2018

Thursdays - 9:30 am to 11:00 am

September 20th, 27th
October 4th, 11th, 18th, 25th

The Birth Center of Boulder
2800 Folsom St, Boulder, CO 80304

Investment For 6-weeks

Early Bird - Until September 1st - \$150.00

After September 1st - \$187.00

Registration

Call Erin: 720.378.6558

Email Erin: erin@hearttohorses.com

For more information, visit www.HeartToHorses.com



Facilitator - Erin Tanner Jospe, LPC, RYT, EGC Coach

Hi, I am a fellow mother of 2 young boys and maybe like you, have very little time for much else. I learned many years ago that mindfulness practices keep me sane and well, just nicer to be around in general. I am a therapist and equine gestalt and mindfulness coach and have devoted the last 20 years to teaching yoga, bodywork, and helping others reduce stress and anxiety. Currently, I am in a 2-year certification teacher training with Jack Kornfield and Tara Brach in Mindfulness Meditation. Hope to see you in class!