

CALMING THE ANXIOUS MIND

An Introduction to The Basic Mindfulness System and Its Application to Anxiety and Panic

Taught by Shelly Young, MA, LPCC, LADAC, NCC

Registration begins Sunday, February 2, 2014
at
www.PresentSolutions4u.com

Do you suffer from any of the following?

- Anxiety, panic attacks, phobias
- Disturbed by your past or future
- Anxiety about the state of the world
- Guilt
- Fear of being or growing old
- Worries about health challenges
- Fear of financial insecurity
- Regrets of the past

In a compassionate, confidential and safe environment of a telephone conference call we will explore simple mind/body methods for transforming anxiety through practice of the Basic Mindfulness System and its specific application to anxiety and/or panic. The innovative system will help you to experience anxiety and other unpleasant emotional discomforts without being trapped or swept away by them. You will learn to release your internal battle with thoughts, emotions and sensations associated with anxiety and panic, replacing the fight with a gentle acceptance called "equanimity." Equanimity allows thoughts and feelings to pass through, rather than get stuck within, causing suffering, overwhelm and negative behavior patterns.

The ground-breaking Basic Mindfulness System was developed by Shinzen Young, an internationally respected mindfulness meditation teacher. Brain research on the "Focus on Rest" method, performed at Harvard Medical School revealed outstanding results pointing to a new way of viewing human consciousness. The results have been published in the Annals of the New York Academy of Sciences and more research will follow.

Shelly Young is a New Mexico licensed psychotherapist and alcohol/drug counselor and has been a mindfulness practitioner for over 30 years. She has taught seminars and workshops in over 100 U.S. cities and co-taught with Shinzen Young. Shelly co-authored the book "Break Out of the Sugar Prison" in which she discusses her compelling journey through and out of a debilitating sugar addiction. She came to practice meditation as a result of her own extreme suffering with anxiety, panic, mood issues and sugar addiction. Shelly is passionate about working with individuals and groups as she witnesses their transformation.

When: Four Thursdays, March 6, 13, 20, 27 (The class will be held most months)

Time: PST: 5:30-7:00 p.m., MST: 6:30-8:00 p.m., CST: 7:30-9:00 p.m., EST: 8:30-10:00 p.m.

Cost: \$120.00 for all four classes

Upon registration you will receive the conference call dial-in information

For questions, contact Shelly Young at 505-506-3886 or shellyyoung25@hotmail.com.