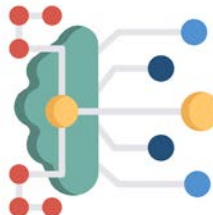




Mindfulness
is a long-term
practice



Draws on neuroscience
& evolutionary
psychology



Systematic
experiential
training



Draws on ancient
wisdom of Tibetan
Buddhism



Brings freedom
to make choices
about how
we live



Unfolds our innate
human potential
for happiness
& wellbeing



Compassion
is at the heart of
everything we do



Liberates
from the conditioning
that governs & limits
our lives



Community & Membership

MINDFULNESS ~ COMPASSION ~ INSIGHT ~ WISDOM

www.mindfulnessassociation.net