



## **Buddhist Mindfulness in Relationship** **SATURDAY, March 17, 4:30-7:30 pm**



*“If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher” Pema Chodron*

In this 3-hour experiential workshop we'll be working with Mindfulness practices that can enhance all our relationships.

We'll be deepening our understanding of the Mindful quality called “presence” or “showing up in the moment.” We'll explore how our full-hearted presence or lack of it influences what happens between two or more people.

Building on the foundation of a deep, aware presence, we'll explore the practice of Mindful heart-centered listening. We'll see how Mindful listening can have a powerful and positive transformative effect on others.

There will be exercises that help clarify our intentions when we communicate, what makes for a clear and simple communication style, and we'll practice sharpening our perceptions of the more subtle moment-to-moment responses we are receiving both from within ourselves and from the other person or people .

We'll also explore how Mindful practices are helpful in dealing with difficult people. How can I set personal boundaries in an assertive yet Mindful way?? What about anger, irritation and other supposedly “unspiritual” feelings that well up? What do I do with those?



**Presenter:** Joe DiSabatino, M.Ed. is an experienced humanistic and transpersonal workshop leader, psychotherapist, and life coach.

**When:** SATURDAY, MARCH 17, 4:30-7:30 pm

**Where:** Yoga in Common, 3062 Deville Street, The Market Common, Myrtle Beach, SC 29577

**Fee:** \$60. Pre-Registration required. To register, call Yoga in Common: (843) 839-9636