

Let Stress Fall away



SCAN ME

Experience the Beauty Within

Experiencing the Beauty Within, Four Week Introduction Sept 18 - Oct 12

Join us for four transformative sessions to:

- 🌿 Quiet the inner critical voice
 - 🌿 Lower stress
 - 🌿 Befriend yourself with compassion
- In these weekly hour-long sessions, you'll:

- 🌟 Explore mindfulness concepts and practices
- 🌟 Reconnect with your body, senses and emotions through targeted mindfulness practices

🌟 Embody Mindfulness with Walking Meditation and Mindful Movement

🌟 Foster emotional resilience and self-compassion.

Inclusive & Secular - Taught in the Insight Meditation Tradition. Compatible with any faith or none.

Schedule: attend EITHER session weekly

- **Wednesday Evenings:** 6:30 – 7:45 pm online. Starts Sept 18th.
- **Saturday Mornings:** 10:30 – 11:45 am, online. Starts Sept 21st.

Instructor: Vincent Taluskie
A long-time Louisville resident, 12 year meditation practitioner, and mindfulness meditation teacher. This

course is my Teaching Practicum and is **offered at no cost.**

If you've ever felt there must be a different way to relate to life, this is your opportunity to explore mindfulness with others. 🧘🧘

▶ **To Register:** Send email to

becomingstillness@gmail.com with your name, phone number, and preferred day/option. You'll receive a link to a questionnaire to help me understand your background and specifics to attend.