



Pure Community

Thank you for joining us!

Series: Building a Mindful Meditation Practice
Trainer: Anne Contreras, Director of Programs

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. This is for live webinars only.
2. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
3. If you have any questions, please type them into the Q&A box.
4. Be sure to keep a **pen/pencil/paper nearby to jot down your thoughts.**



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions

Anne Contreras

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Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied Scholarship)

Foundation: Trauma



Aspects/Benefits

- Being Full Present
- Seeing Clearly
- Letting Go of Judgement
- Being Equanimous
- Allowing Everything to Belong
- Cultivating Beginner's Mind
- Being Patient
- Making a friend
- Honoring Yourself
- Stress Reduction
- Improved Working Memory & Focus
- Physical Benefits
- Better Sleep
- Creative Problem Solving
- Fewer Feelings of Loneliness
- Improved Self-Esteem
- Mood Regulation



Establishing A Practice

1. Making the **TIME** to meditate
2. Creating **SPACE** to practice
3. Setting an **INTENTION**
4. Building **CONSISTENCY**
5. Finding a **FRIEND**
6. Keeping a **JOURNAL**





Engaging Activity: Belly Breathing



Practice: Meditation - 10 minutes



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Practice: Meditation - 15 minutes



Practice: Meditation - 20 minutes



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Practice: Meditation - 25 minutes



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