In this time of growing stress in our personal and work lives, mindfulness can be a critical tool to return our minds to a state of peace. Stress is a major factor in many health conditions. It is present for medical professionals as well as for the people who come to them for healing. Don’t miss this important workshop.

What is Mindfulness???

Mindfulness is the mental quality that is associated with non-judging attention, moment by moment, to the present-time unfolding life experience without attachment to pleasantness or resistance to unpleasantness. This relaxed non-bias awareness allows one to see things clearly as they really are and learn to respond, rather than react to stressors encountered. This results in more joy and a sense of peace. Mindfulness has been successfully taught in hospitals and stress reduction clinics around the world.

What Will You Learn?

Theory
- Benefits of the mindfulness practice. Literature review.
- Concentration and mindfulness.
- Four foundations of mindfulness.
- Concept and reality.

Practice
- Guided instruction on some techniques of mindfulness
- Application of mindfulness in daily activities.

CO-SPONSORS  John A. Burns School of Medicine, Hawaii Medical Association, HMAA, Hawaii Pacific Health, the Queen’s Medical Center and Vipassana Hawaii.