



**A Calm Mind and A Joyful Heart:  
An Introduction to Mindfulness Meditation**  
Monday, February 6, 2012, 7:00 - 8:30 pm  
At Crossings, A Center for the Healing Traditions

Mindfulness is our capacity to be fully present in our own lives, to be aware of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows. We are better able to embrace the world, better able to respond wisely and lovingly. If we are not mindful, we are split, and disconnected from the life energy that is in us and in the world.

During this 90 minute workshop we will explore mindfulness as a daily practice and become familiar with conscious breathing, sitting meditation, and walking meditation.

There is no fee for this workshop. If you plan to attend, please register so that we can hold a place for you.

This workshop is offered by the Still Water Mindfulness Practice Center and Crossings: A Center for the Healing Traditions and will be taught by Mitchell Ratner.

Mitchell has been a lay member of the Tiep Hien Buddhist order since 1993, and in 2001 received the Dharmacariya (meditation teacher) transmission from Vietnamese Zen Master Thich Nhat Hanh. A founder of the Still Water Mindfulness Practice Center, since 1994 he has taught classes and workshops focused on practicable methods of integrating mindfulness meditation with work, meaningful relationships, and the challenges of everyday life.



*Crossings is located at Suite 202, 8505 Fenton Street, in Silver Spring, Maryland (Above the Whole Foods Supermarket).*

*To register, please go to the Still Water website [www.StillWaterMPC.org](http://www.StillWaterMPC.org). For more information, please email [Info@StillWaterMPC.org](mailto:Info@StillWaterMPC.org) or call (301) 270-8353*