



Mindfulness Classes with Joy Jordan

Our current culture of busyness, distraction, and urgency leaves us feeling hollow and uneasy—like we’re constantly “on our way” someplace else. Though this path is not sustainable, there is another way: mindfulness. Mindfulness is being in the present moment in an open, non-judgmental way. When we’re mindful, we listen, notice, focus, and create. More importantly, *we’re present in our own lives.*

This 5-week course includes formal instruction on meditation, current research on mindfulness, ways to work with difficult emotion, methods for cultivating positive experience, and varied suggestions for informal practice. The elongated time-frame lets students fully engage with mindfulness and form new habits. Because the practices accumulate, regular attendance is important.

About the teacher: Joy Jordan is a teacher and student of mindfulness. She left her 20-year academic career, not knowing what was next. Now she lives, teaches, and photographs through the lens of mindfulness.

- Dates:** Wednesdays, October 26 - November 30 (no class 11/23)
Time: 5:30 – 6:30 pm
Ages: 19 years old and older
Location: George Scherck Shelter, 1175 Appleblossom Dr, in Neenah Memorial Park (previously known as the Appleblossom Shelter)
Fee: \$45 for 5 sessions
Class #: 322409-A

Registration

Mail registration form to: Neenah
Parks & Rec. Dept., PO Box 426,
Neenah, WI 54957-0426

Register in person at: City Hall, 211
Walnut St.

Register online at: [http://
www.ci.neenah.wi.us/departments/
parks-recreation/](http://www.ci.neenah.wi.us/departments/parks-recreation/)

