

PASSIONIST

# EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG



## Cultivating Healthy Relationships Using Mindfulness

Four Saturdays – 9:30 AM to 1:30 PM

January 13, 27, February 10, 17, 2018

Mindfulness has many personal benefits. It helps manage emotions, settle reactivity and enhance overall lifestyle. But mindfulness can also deepen and transform our most important relationships. This program is designed to provide an understanding of the complex inner workings of interpersonal relationships and help you bring the power of mindfulness into the way you relate to those closest to you. It is open to individuals as well as couples, all genders and sexual orientation – anyone seeking a more balanced and enriching life.

**Facilitators:** John Shealy, PhD, and Jordan Dye, MSW, CSW, are a married couple who together have over 45 years of experience practicing and teaching mindfulness meditation. John is a licensed psychologist; Jordan is a certified social worker. Learn more at [www.BeMindful.org](http://www.BeMindful.org) or call 502.727.2996.

- **Dates:** 4 Saturdays – January 13, 27, February 10, 17, 2018
- **Time:** 9:30 am to 1:30 pm. Optional one-hour Zoom conferences will be offered during the weeks between class meetings.
- **Cost:** A sliding scale from \$500 to \$300 per participant based on your financial situation. Some partial scholarships are available.
- **Class size:** Due to the experiential and intimate nature of this program, class size will be limited to 12 participants (singles and couples).
- **Register** using this form OR call 502.452.2749 OR online at [www.earthandspiritcenter.org](http://www.earthandspiritcenter.org).

✂ ..... **REGISTRATION** .....

I/We would like to register for **CULTIVATING HEALTHY RELATIONSHIPS** course beginning January 13, 2018.

Name \_\_\_\_\_ Phone (PRIMARY) \_\_\_\_\_

Address \_\_\_\_\_ Phone (SECONDARY) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Please make checks payable to: Earth & Spirit Center. See our website for refund policy.  
MAIL TO: Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749