

Mindfulness Workshop Series: Cultivating Wellness for the Holidays

Mindfulness is about the act of purposefully paying attention to experiences as they are, and not how we say they are because of our conditioning histories... When clients experience that they need not run from or struggle against their anxious thoughts and feelings, they become free to live. -Eifert, G., & Forsyth, J. (2005, 74, 70).

Ideally the holiday season is a time for celebration and gratitude. But for many people, it can actually be a stressful and challenging time. Practicing mindfulness meditation during the holidays can help. Mindfulness is a research-based method for cultivating wellness and lowering stress by learning to pay attention to your thoughts, emotions, physical sensations, and environment. Inspired by the work of Dr. John Kabat-Zinn and other researchers, this four-week mindfulness course will teach practical, meditation-based skills to cultivate insight and a richer awareness in your daily life. The class consists of meditation exercises as well as a commitment to daily self-care exercises. The practices you will learn in this group will help you to:

- Become better acquainted with the inner workings of your mind, including entrenched patterns and habits.
- Understand ways that unconscious thoughts, feelings, and beliefs can undermine your physical and emotional well-being.
- Learn and practice research-based meditative methods for lowering stress and enhancing a sense of wellbeing.

Date and Time: Classes will begin on Monday, November 19th, and conclude on Monday, December 10th. All classes are from 6:30-8:30PM.

⇒ **How to enroll:** Call or email Dr. Zuniga (david@drdaavidzuniga.com, 512-815-3477) to schedule a brief free consultation to discuss enrolling in this series of classes. Free funding may be available for some oncology patients or oncology caregivers via The Flatwater Foundation.

Details: The course is \$50/session, some sliding scale spots available. Participants agree to attend all 4 sessions and engage in 10 minutes of daily meditation and self-care exercises, which they learn in class, throughout the duration of the course. Dr. Zuniga's office is conveniently located off Mopac near Zilker Park. For directions, please visit Dr. Zuniga's website: www.drdaavidzuniga.com.

About Dr. David Zuniga: Dr. Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice; previously he was a faculty member in the Integrative Medicine Department of MD Anderson Cancer Center. He also earned a masters degree studying mindfulness and other forms of meditation from Harvard. Prior to his work as a psychologist he worked for over a decade as an interfaith chaplain and administrator in pediatric and adult oncology and end-of-life care. He has published widely and spoken internationally at leading academic conferences on mindfulness and healthcare-related concerns.