



Embodying Mindfulness

Cultivating Mindfulness and Compassion with Movement Improvisation

Come and learn to be present and compassionate with yourself and others by integrating mindfulness practices with movement expression.

Through mindfulness meditations and movement explorations you will connect with your authentic self and with others. Deep listening to the body yields improvisational movements – the dance of mindfulness.

Most traditional mindfulness meditations are done in stillness. Since stillness and movement are opposite sides of the same coin, when we bring movement to mindfulness and mindfulness to movement and dance, we deepen, expand and enrich the value and experience of both practices.

This work is based on MBSR (Mindfulness-Based Stress Reduction) & Interpersonal Mindfulness programs, Creative Dance (Mettler approach) and Authentic Movement.

Participants will gain:

1. Enhanced presence and centeredness
2. A deeper sense of self-acceptance (body & mind)
3. Tools to cultivate compassion for self and others
4. Mindfulness skills for everyday activities
5. Skills for improved relationships with self and others
6. An enhanced sense of joy and openness
7. Increased freedom of movement, creativity and expression

No previous experience in dance or mindfulness is needed.



When: Six Mondays, October 26 – November 30, 2015 7-9 pm

Where: Opening to Life, 407 NE 12th Ave, Portland, OR 97232 (second floor).

Cost: \$150 for the whole program (contact Yael for fee adjustment if needed)

Register: Contact Yael Schweitzer at mindfultherapy@yaelschweitzer.com or call 971-404-8249

Facilitator: Yael Schweitzer, LCSW, BC-DMT has 30 years of experience as a therapist, currently providing Mindfulness-Based Therapy and Dance/Movement Therapy in her private practice. Since 2005, Yael has been leading an ongoing weekly Mettler-based Creative Dance group. In 2014 Yael developed a Mindfulness-Based Dance/Movement Therapy (MB-DMT) program that she teaches in China and Portland for therapists and the general public.