

The Power of Mindfulness



6TH ANNUAL COMPASSION FATIGUE SEMINAR

Mindfulness: the capacity to respond to experiences with acceptance, compassion and equanimity.

GLUCKSTEIN & ASSOCIATES LLP

invites you to attend a dynamic one-day workshop with inspirational guest speaker, **Ana Bodnar**, registered psychologist and meditation teacher. Incorporating her passions for yoga, meditation and reflection, Ana's mindfulness psychological approaches to life's difficulties prove to be a powerful force in deepening personal and professional experiences. With clarity and commitment, Ana will take participants through a step-by-step process of healing, renewal and connection to self.

October

17 18 19 20 **21** 22 23

Mark it!