Mindfulness, Meditation and Neuroscience

A two day workshop on mindfulness, meditation and neuroscience. The first day will be focused on the neuroscience behind the effectiveness of meditation and mindfulness practices, with an emphasis on the body’s reaction to trauma. The second day will be focused on meditation and mindfulness practices, drawing from Buddhism and yoga. This workshop will be beneficial for staff teams who are experiencing a lot of stress. Consideration will be given on how to modify these practices so people supported can benefit as well.

**PRESENTERS:**
Dr. Laura Mullins  
Robin Ashton

**TARGET AUDIENCE:**
Direct Support Professionals

**REGISTRATION**
Mindfulness, Meditation and Neuroscience: November 19th & 20th, 2015

**November 19th & 20th, 2015**
9:30am – 3:30pm
Location: RSA Woodstock
333 Athlone Avenue, Suite 201
Woodstock, Ontario
Cost: $110.00

(Lunch will be provided)
Parking Available - $4.00 charge

**REGISTRATION**
Mindfulness, Meditation and Neuroscience: November 19th & 20th, 2015

NAME:_____________________________________________________________________________
______________________________________________________________________________

ORGANIZATION/AFFILIATION:____________________________________________________________________

BUSINESS NO.: __________________________________EXT.: ________________________HOME NO.: ________________________

MAILING ADDRESS:________________________________________________________________________

E-MAIL ADDRESS:__________________________________________________________________________

**PLEASE ENCLOSE A CHEQUE PAYABLE TO THE REGIONAL SUPPORT ASSOCIATES, W.G.H., AND MAIL TO:**
REGIONAL SUPPORT ASSOCIATES, 333 Athlone Avenue, WOODSTOCK, ONTARIO, 4V 0B8.

Or fax registration form to (519) 421-4249
For more information please call Karen Araujo (519) 433-7238, Ext. 7215
Please send Email registrations to karaujo@wgh.on.ca
Affiliated with the Woodstock General Hospital