



**mindful life** program

# Learn to Live Mindfully Mindfulness Foundations Course

Taught by Aaron Taylor

**October 7 - Nov 18, 2019  
Aspen Recreation Center  
Aspen, CO**

*"The urgency of living a mindful life inspired me to seize the day, every day. To see the possibility to CHOOSE our thoughts, where we place our attention, and focus, is a gift."  
Adriana, recent participant*

A lively and engaging course that combines the practice of meditation and the practical application of mindfulness in daily life.

### Course Schedule

Mondays: October 7 - November 18 | 6:00 pm - 8:30 pm  
½ Day retreat on Saturday, November 16 | 10 am - 3 pm

### Course Fee \$250

*Scholarships available. Call or email Aaron for application.  
CEU's and CPD's available for counselors, therapists, social workers, and teachers.*



The **Mindful Life Program** offers courses that combine meditation training with practical, accessible, and universal skills that empower you to engage in your life with attention and intention. Learn to experience life's events, your thoughts, and your emotions consciously and be able to respond with clarity and wisdom. Transform your life and cultivate genuine, lasting happiness.

## Register early!

[www.aspenrecreation.com](http://www.aspenrecreation.com)  
Call Aaron at 970.340.8151  
[aaron@wocompassion.org](mailto:aaron@wocompassion.org)



[www.mindfullifeprogram.org](http://www.mindfullifeprogram.org)

[www.aspenrecreation.com](http://www.aspenrecreation.com)

Programs offered across the US, Canada and Australia.

Course Location:  
Aspen Recreation Center  
0861 Maroon Creek Rd.  
Aspen, CO 81611