

A Mindful Path

Char Wilkins, MSW, LCSW has been teaching mindfulness-based programs since 2001. Her focus is the dynamic connection of mind, body and spirit, and in assisting people to mindfully create emotional, physical, and spiritual health in their lives. Char is a psychotherapist specializing in working with women who have experienced abuse, eating disorders and chronic illness.

Trained in meditation and its application to depression, anxiety, eating disorders and chronic pain, she facilitates researched-based programs addressing these issues. She has taught mindfulness-based programs at Omega Institute, Kripala, Joshua Tree Retreat, Barre Center for Buddhist Studies, and NASW Conferences. She is the owner/director of the Center for Mindful Living, Hartford, CT and serves as President for The Center for Mindful Eating (tcme.org).

Char offers individual psychotherapy and one-on-one mindfulness meditation training. She provides consultation to professionals wishing to integrate mindfulness into their work. Groups, programs and workshops are regularly offered at the Center.

Ongoing

■ *Quiet Moments* Silent reflection or mindfulness meditation time. Come for 15 minutes or an hour. No experience necessary.
Tuesdays 7:30-8:30am

■ Individual mindfulness-based psychotherapy

■ Individual sessions for one-on-one instruction in mindfulness meditation.

Please note: Directions to the Center, more extensive descriptions of programs, downloadable brochures and more can be found at www.amindfulpath.com.

Center for Mindful Living

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A Mindful Path, LLC



Center for Mindful Living



Life can be simpler than it is.

The Center for Mindful Living is dedicated to helping people improve their health, cultivate clarity and peace, and experience more balance in all aspects of their lives: physical, emotional, mental and spiritual.

Our lives are busy, very busy. Here at the Center you will learn at your own pace, simple user-friendly ways to reduce stress and feel better.

Life will become more manageable and enjoyable, less disappointing and painful. You'll develop the ability to trust your inner wisdom, make decisions with greater ease, and feel good about who you are.

Self-care isn't selfish. It's about accessing and strengthening your inner resources so that you can be fully present to all that you love in your life. It's about coming home, one breath at a time.

You can feel better than you do.

The people who come to the Center for Mindful Living, come for many reasons.

They come because they simply feel their lives are out of balance, too busy, unable to make decisions, all work and no play, or they feel disconnected from loved ones and their own passion for life.

Others come because they suffer from anxiety, panic or depression, addictions, binge eating and bulimia, migraines, cancer, chronic pain, IBS, fibromyalgia, heart disease and high blood pressure, diabetes, sleep disturbances, and much more.

Some people make the decision to come on their own. Others are referred to our programs by their doctor, therapist, or past participants, but all come because they want something better for themselves.

Becoming mindful can improve your ability to cope more effectively, increase your ability to relax, and enhance your ability to cope with pain.

Call 860-402-9333 for more information, to schedule an appt. or program interview, or to have a brochure mailed to you.

A Mindful Path

A Mindful Path, LLC was created to provide programs that allow people the opportunity to explore ways to live mindfully. Mindfulness is learning to pay attention in a non-judgmental way in the present moment, to our thoughts and feelings, which in turn, allows us the possibility of choosing how we respond to what life hands us.

Being mindful is a way to use your mind and body to do what no one else can do for you: take charge of your health and feel more in control of your life.

Many of the programs that are offered are designed for the general public and others address specific needs such as disordered eating, anxiety and depression. At the heart of all of these programs are researched-based mindfulness meditations and exercises that you can use the rest of your life.