



MINDFULNESS TECHNIQUES FOR MANAGING PAIN

**LIVE ON ZOOM.
AT 3:00PM ET
OCT-26 - NOV 30, 2023**

- This is a FREE, 5-week, online class meant to empower people with disabilities, but all are welcome (especially family members).
- It is led by Vidyamala Burch, who lives with partial paraplegia and chronic pain from a spinal cord injury due to a fall. She is a mindfulness and compassion teacher, coach, award-winning author, and Co-founder of the leading mindfulness organization Breathworks.
- The class will include discussion and instruction on mindfulness, meditation, and breathing techniques that help manage pain.
- The class is on Thursdays at 3:00 Eastern Time from October 26 to November 30, EXCEPT there is NO class on Thanksgiving (Nov 23).

To register, scan this QR code
or go to www.gatheringstrength.org/classes

