

ABOVE AND BEYOND COMMUNITY CLASSES, INC. PRESENTS:

PSYCHOLOGY: Focus on Mindfulness and Meditation with Erin Vlasak, M.S.

Thursdays 11-11:50am via Zoom or In-Person

Increasing our knowledge and practice of Mindfulness and utilizing Meditation as an important skill can actively improve our outlook and approach to life. Specific Psychology topics related to Mindfulness such as how our mind and body respond to stress, the link between our thoughts and actions and the fight vs. flight principle will all be connected in this class. Students will then learn specific mindfulness practices such as mindful eating and mindful walking.

Instructor Erin Vlasak has almost 20 years of teaching experience in areas such as Psychology, Sociology, Travel, Math, Music, and Spanish.

7 Thursdays for \$315.00

1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (Off 2/23)

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Take a Class... Join a Community

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY