

# Still Forest Pool



## Center for Mindfulness of the Capital Region

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### Mission Statement

Still Forest Pool – Center for Mindfulness of the Capital Region brings together people dedicated to cultivating and nourishing awareness in the world and in our lives. This awareness, called mindfulness, is intrinsic, universal, and transformative.

Our mission is to promote health and wholeness through outreach, education, and opportunities to experience mindfulness.

### Mindfulness Opportunities

We seek to provide opportunities to practice mindfulness for individuals, groups, and organizations. We have begun offering the Mindfulness-Based Stress Reduction, eight week program, modeled on the UMass Medical Center program, developed by Jon Kabat-Zinn. We plan to provide workshops on mindfulness of varying lengths, designed for specific events and organizations. The Center is interested in presenting on topics including: mindful parenting, mindfulness and relationships, mindfulness and addictions, and mindful approaches for dealing with anger and depression.

The core of all the mindfulness practice opportunities offered by the Center is mindfulness meditation, as utilized in the MBSR program. Meditation in this way involves observation of constantly changing internal stimuli and is directed toward the inner experiences of the individual, and also external stimuli.

# Still Forest Pool

**Marco Cascella**



**Still Forest Pool:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Still Forest Pool** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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