



NMC Mindfulness Initiative

“Mindfulness is focused awareness. Just like physical exercise strengthens your muscles, awareness exercise strengthens your clarity and understanding about your world.” (Sokuzan)

Oct.
13

Mindfulness in the Workplace

Thursday, October 13, 2016
12:30 - 1:30pm | Osterlin 201



Special guest, Sokuzan. A master of awareness for over 40 years. Sokuzan will share techniques on mindfulness practice and how it can help you be a happier person at work, home and school.

Bring your staff!
No fee | Non-Denominational

*Enhance well-being, job
production & the ability to
work on your own.*

Oct.
13

FuseNorth Non-profit Expo

Thursday, October 13, 2016
4 - 7pm | Hagerty Center

No fee | Non-Denominational

*Presented by:
Sokukoji Buddhist Community
- Traverse City*

Oct.
14

Mindfulness in Relationships

Friday, October 14, 2016
11 - 12pm | Elk Rapids Library

No fee | Non-Denominational

*Learn to create:
Mindful Relationships
Mindful Parenting
Mindful Children*

Oct.
15

Meditation Retreat

Saturday, October 15, 2016
9 - 3pm | Pathways Preschool

\$40 Fee

*Contact Kristy McDonald at
kmcDonald@nmc.edu to register.*