

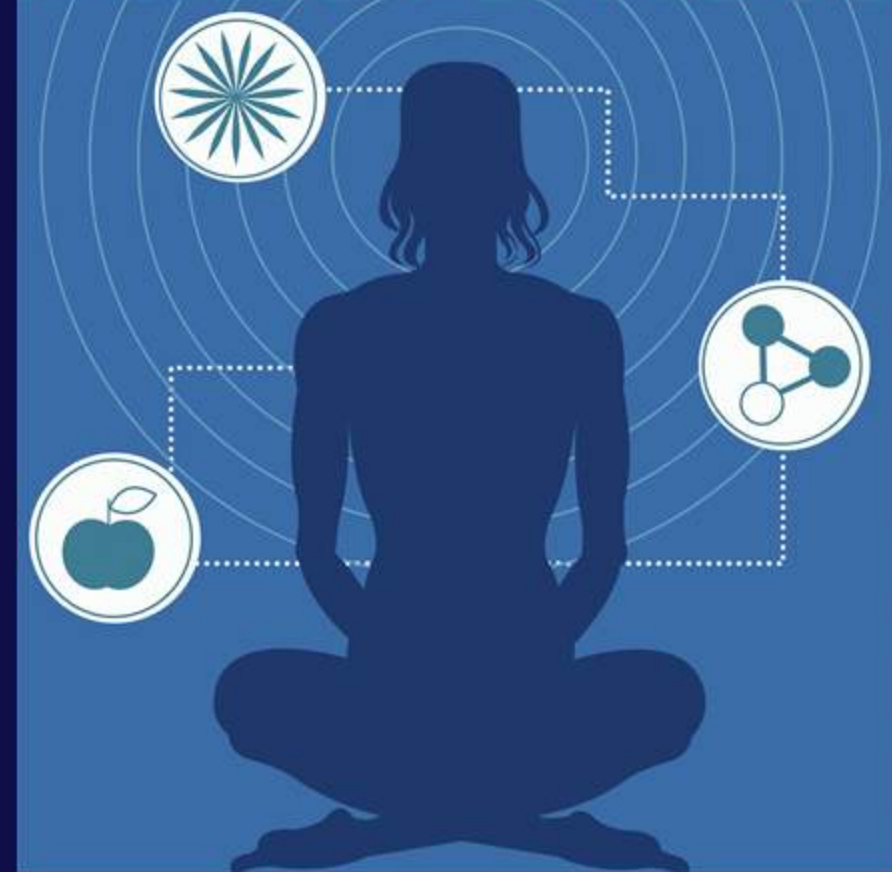
# Mindfulness



Inner Peace  
Balance  
Patience  
Confidence  
Clarity  
Awareness

301.229.0044  
[wellnessseminars.net](http://wellnessseminars.net)

# Mindfulness



Individual/Group  
Psychotherapy,  
Seminars,  
Workshops &  
Retreats

Dr. Patricia Webbink &  
Associates, P.A.

*Throughout MD/DC/VA*

301.229.0044  
[wellnessseminars.net](http://wellnessseminars.net)

## What is Mindfulness?

Mindfulness is a process of finding the source of strength, clarity & peace within. It facilitates higher levels of awareness & enhances your abilities to discover what is most important & meaningful to you. When you are mindful, you feel calm, secure, balanced, able to deal with pressures around you & able to live each moment to the fullest.

## Why Be Mindful?

Life can be challenging & full of pressures, conflict & frustrations. Mindfulness techniques help you build a positive psychological base in which your judgment improves. Begin using Mindfulness to increase your awareness & develop your potential for a richer, more satisfying life.

## How Can I Experience Mindfulness?

By participating in workshops, seminars, psychotherapy, or retreats organized locally & abroad by Dr. Webbink, you can discover a peaceful, centered consciousness, while entering into a relaxed & altered state-of-mind. Comfort your inner child using powerful methods of imagery, relaxation & music.

Guided Imagery Tapes, CDs & MP3s Available

*[wellnessseminars.net](http://wellnessseminars.net)*

