

Winter 2012

Lynn Sipher, LMSW, ACSW

Thursdays
March 1 – April 26
1:00pm – 3:00pm
please register by Feb. 15
orientation session Feb. 16

\$340.00 total
(\$295 for repeating students)

Fee includes:
* *Written materials & CD*

Friends Meetinghouse
1420 Hill Street
Ann Arbor, MI

For more information or
to register:

734-332-3365
www.lynnsipher.com



“Mindfulness means
paying attention in a
particular way:
in the present
moment, and
nonjudgmentally.”

-- Jon Kabat-Zinn

Falling Awake

mindfulness for depression and anxiety

Mindfulness-based practices are proving to be an effective approach for addressing depression and anxiety. This 8-week class is intended for people who have had one or more episodes of depression or live with anxiety. You can participate whether or not you are taking medicine or are currently in psychotherapy or have had therapy in the past.

Each week you will learn new skills to help you change your relationship with anxiety and depression so that they interfere less in your life. Discover that you can live more fully and in the present moment.

Class Topics:

- *Automatic Pilot*
- *Body Awareness*
- *Mindfulness of the Breath*
- *Landscape of Depression & Anxiety*
- *Disentangling from Thoughts*
- *Leaning into Feelings*
- *Taking Care of Myself*
- *The Future is NOW*

Lynn Sipher, LMSW, ACSW has been providing individual, couple, family and group therapy since 1985 and practices mindfulness meditation. *Falling Awake* is in seventh year and is based on the book *Mindfulness-Based Cognitive Therapy for Depression* by Segal, Williams, Teasdale.