

# Mindfulness Practices for Relaxation and Conscious Loving

Using mindfulness-based stress reduction and Schaub's breakthrough process for healing and empowerment, this seminar will focus on the elements of structural personality change facilitating release of stored emotional and self-empowerment resources for ongoing study, reflection and development will be shared

## Goals and Objectives:

At the conclusion of this workshop, participants will be able to:

(1) Identify 3 essentials of mindfulness-based stress reduction, (2) Use Mindfulness for relaxation, (3) Name 2 techniques for relieving pain through mindfulness and the G.L.A.D technique, and (4) Affirm themselves through conscious loving and laughter.



**SR./DR. CAROLE ANNE RILEY, CDP,  
PH.D., LPC, AAPC-FELLOW**

**FRIDAY, October 7, 2016  
8:30 A.M. to 3:30 P.M.  
(LUNCH INCLUDED)**

**at The Seabrook of Hilton Head  
300 Woodhaven Drive, HHI, SC 29928 (843) 785-8550**



**Sponsored by  
The West Virginia Institute for Spirituality  
1601 Virginia Street, East  
Charleston, WV 25311**



**6 CEU's for Social Workers, RN's, LPC's, LTC Providers**

**Register by October 5, 2016**

**Offering: \$50.00 CEU Applicants: \$60.00 Each additional CEU \$10. offering**

### Checks Payable to WVVIS

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(as you want it on your certificate)

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**Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

### Mail registration form to:

**Virginia Masters, c/o WVVIS  
300 Woodhaven Drive, Apt. 2507  
Hilton Head Island, SC 29928  
E-Mail: vmasters@aol.com**

**Phone: (843) 785-8550  
www.wvis.org**