

Mindfulness Meditation 101

with Alix Foisy

Facebook Live Event
Thursday, May 7th
4:30 PM



Video will be made available on our Facebook page and website to view at your convenience.

Alix Foisy

Alix teaches concepts from Acceptance and Commitment Therapy to help integrate mindfulness and cognitive behavioral therapy into daily life. Doing so promotes your ability to be calm and make decisions that demonstrate your integrity through focusing on your values.

She uses yoga postures, breathing techniques and mental health education to increase your mental, physical, and emotional awareness.



Mindfulness Meditation 101: Mindfulness to ease anxiety

What is Mindfulness: Actively Noticing

- **Internal Environment:** proprioception • **External Environment:** Awareness/Senses
- **Emotion:** mindsight/integration (actively noticing your breath)

Why Practice Mindfulness

- **Connection to Self** • **Ability to Calm Yourself** • **Greater Integrity and Integration**
- **Increased Insight** (Ujjayi breathing)

How

- **Using Your Senses** • **Turning Down the Volume of Judgement**
- **Create Distance** (visualization with deep breathing & neck relaxation)

Anxiety

- **Start Slow** • **Do What Works for You** • **Cross-body** (grounding & seated twist)

Releasing Anxiety

- **Moving Away Activities** • **Moving Toward** • **Aligning with Your Values**