

Naturally Mindful: Introduction to Mindfulness Meditation in Nature

A six-week course at the Kortright Centre for Conservation



*“If we surrendered to Earth’s intelligence,
we would rise up rooted, like trees.”*

Rainer Maria Rilke

SUMMER 2019

(adapted offering over 3 weeks)

Dates: Mondays and Wednesdays

5:00 to 7:00 pm

July 8, 10, 15, 17, 22 and 24

Silent retreat: Sun., July 21, 10 to 3

Cost: \$299+HST

To register, please visit:

<https://kortright.org/whatson/calendar/>

Questions? Please contact:

ameetadudani@gmail.com

This unique 6-week course will help you to cultivate the practice and attitudes of mindfulness meditation in daily life by learning from your own experiences and from the wisdom of nature.

Cultivating mindfulness enhances our ability to connect with nature and reinforces its benefits. Practicing mindfulness in nature can help us get to know ourselves better, more easily shift out of reactivity, and learn effective ways of coping with stress, pain and emotional challenges. In turn, we develop greater awareness, insight and trust in ourselves, as well as learn to meet ourselves and our experiences with wisdom and kindness.

Each two-hour session includes teachings, guided practices indoors and outdoors, periods of silence, journaling, and group discussion. In the tradition of most mindfulness courses, this course includes a daylong silent retreat (further information about the retreat will be given in the course). Participants will be given a folder and handouts and readings will be added each week. Recommendations for home practice will be given weekly.

Facilitator: Ameeta Dudani, PhD, RYT (<https://drdudani.com>) is a mental health professional and a mindfulness and yoga teacher (RYT-200). Ameeta has always had a love of nature – some of her favourite memories are hikes and outings with the “nature studies club” that she helped to initiate in high school, which stimulated her love for the outdoors! She believes tremendously in the healing and therapeutic potential of mindfulness meditation. Ameeta provides mindfulness-based psychotherapy, mindfulness training and consulting for professionals, and facilitates mindfulness-based therapeutic groups for children, youth and adults. Being a lifelong lover and a strong advocate of nature-based learning and ecotherapy, Ameeta incorporates practices in nature in her work whenever possible, as she believes that nature is truly the best teacher of mindfulness.