



***Do you mind?***  
***Mindfulness Meditation***

**Chris Wurster**

presents



**Introduction to Mindfulness Meditation: a four-week series**

Four Monday evenings in May, 6:00 p.m. – 7:30 p.m. MDT via Zoom

- May 3**            **Intro and getting started**
- May 10**          **Mindfulness of the body**
- May 17**          **Mindfulness of feelings and emotions**
- May 24**          **Mindfulness of thoughts**

Hi everyone! My name is Chris Wurster. I live in Colorado Springs. I am a certified meditation teacher through the Mindfulness Meditation Teacher Certification Program (MMTCP). This is a two-year training program offered from Jack Kornfield and Tara Brach in partnership with The Greater Good Science Center at the University of California Berkeley.

Have you been curious about mindfulness? Are you interested in meditation but are not sure how to start? Or do you have an existing practice that you would like to re-energize?

We will cover the fundamentals of this practice, learn a variety of meditations, and leave you with a path forward as you continue to practice and discover on your own.

This class is designed to welcome new practitioners and is also great as a refresher to those with an established practice. No experience is necessary. This class is appropriate for people of any belief system, faith, or religion.

I recommend attending all four classes to find some consistency and to be able to build on the previous lessons. However, you are welcome to drop in for as many as you like.

This class is offered freely, on a donation basis only. Donating in this way is a practice of mutual generosity. This can be as little or much as you like. It can be per session or a one-time offering. Whatever feels good to you. If you would like to attend and don't have the means to donate for whatever reason, you are more than welcome to join us. Just showing up is a gift to us and hopefully you will feel it is a gift to yourself as well. Any generosity you offer helps to sustain me in bringing more offerings forward to the community. Support my teaching through [PayPal](#).

Please email me if you would like to sign up for this class or to ask any clarifying questions at [doyoumindcmw@gmail.com](mailto:doyoumindcmw@gmail.com). Even if you're not sure you can make every class, let me know so that I can get you on the email list. I will send out more info as the course approaches, send out weekly reminders and wrap-ups, as well as the Zoom info!

I'm happy to be offering this course and look forward to seeing you in May!