

# Stress Less Love More

## Sacred treehouse FALL OFFERINGS

**Mindfulness Based Stress Reduction** - MBSR is an 8 week educational program designed to teach individuals who are suffering from physical or emotional pain how to take better care of themselves and live a happier life. Free orientation is mandatory to attend one of the sessions. Program enrollment starting September 20th.

Led by Dr. Patty Shutt, PsyD, CEDs.

**Mindful Self Compassion** - MSC combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. to open yourself to the present & connect to your world. Free orientation mandatory to attend one of the sessions. Program enrollment starting September 20th.

**True Love: A Virtual Exploration** - True Love is an exploration into the nature of love. In this book, Zen monk Thich Nhat Hanh explores the four qualities of love: lovingkindness, compassion, joy, and equanimity. 5 week workshop held virtually on Thursdays 6pm-7:30pm starting 8/26-9/24. Registration Closes on 8/22/20.

Led by Clara Bossie, LMFT-S, CEDs.

**Mindfulness & Happiness Workshop** - Mindfulness allows us to see clearly. Clarity in life allows us to live authentically, reduce stress and become happier. Workshop includes exercises to cultivate a path to happiness. Saturday 8/29, 9/5, 9/19 from 10am-11:30am. Registration closes 8/28/20. Led by Piero Falci, Author, MBSR Instructor.

**Mindfulness Based Stress Reduction for Teens** - Coming this fall for ages 14-18.

**Private Yoga Therapy, Mindfulness Coaching, and Corporate Events Available.**

Updated 8.6.20

**To book a group or schedule an appointment**  
Call 561-278-6033 or schedule online at [www.SacredTreehouse.com](http://www.SacredTreehouse.com)