



Mind Full, or Mindful?

Mindfulness and Your Health

Brookside Wellness Centre, Fredericton NB

Host- Dr. Shiona McIntosh

Present Moment Experience...

Mindfulness is about learning to stay connected to the current moment and increasing your awareness of ingrained patterns of thinking and behaviour. If we can learn to recognize when our “doing mind” takes over, this will allow us to respond rather than react to whatever situation it is that we are in. Our lives only unfold in the present moment. Research tells us that most of us spend more time dwelling in the past or future state than in the present moment. We can increase our personal level of happiness and counteract our monkey mind by choosing our reaction instead of feeling that we are conditioned to react in autopilot mode. By choosing our response through greater awareness, we can change the way our brain is wired.

Mindfulness can help to increase: positive emotions, ability to concentrate, level of compassion, ability to control emotions and bolster our immune system

Mindfulness can help to decrease: levels of stress, depression and anxiety, chronic pain, and feelings of loneliness.

Just Be.....

This eight week program is taught twice per year, and is appropriate for persons 18 years and older. No prior meditation experience is required.



Dr. Shiona is an experienced teacher, and is fully certified to teach Mindfulness Based Stress Reduction. Classes include guided meditation, experiential learning and classroom discussion. Home practice is assigned weekly and forms the basis of learning as you explore how to apply Mindfulness in your daily life. Commitment is required.

Class size is currently limited due to Covid. To sign up you must submit the registration form at the bottom of the webpage to be placed on the waiting list. Cost is 400\$ and includes program workbook, guided meditations for home use, and attendance at Silent Retreat day which takes place during the 8 week program.

Interested in improving your health? Want to learn more about the Mind Body connection??

Contact Shiona at mindfulnessandyourhealth@gmail.com