UCR Osher Presents

Exploring Relational Mindfulness
Cultivating Techniques of Authentic Speech and Deep Listening

Saturday
June 2
10 a.m.–4 p.m.
UCR Extension Center
1200 University Ave., Riverside

Language and speech are two of the greatest gifts we have ever been given. They provide us the ability to connect with another living, feeling human being. Come spend a day exploring the amazing power of words and learning how to use that power to create a more fertile ground for connection in all of our relationships.

Together we will discover greater intimacy and understanding in our personal relationships, more effective communication in work and professional relationships, and learn strategies for flourishing in difficult and challenging relationships. The day will be a mix of lecture, guided meditations, and various interactive activities. This workshop is equally appropriate for beginning as well as more experienced practitioners.

WORKSHOP HIGHLIGHTS

» Introduction to the Conventions of Conversation and the Subtle and Intimate Process of Communication
» Diving Deeper Into Relational Mindfulness (Mindful Speaking and Listening)
» Introducing Dyads (Experiential Practice)
» Harnessing the Power of Words and Learning to Use Them More Mindfully
» Bringing Mindfulness to Personal Relationships
» Shared Humanity (Exploration of the Interconnectedness of all Human Beings)

FEATURED PRESENTER

Clyde Boiston is a Mindfulness teacher and meditation instructor who presents retreats, workshops, and mindful living classes throughout Southern California. He graduated from the UCLA Mindfulness Awareness Research Center’s (MARC) yearlong Intensive Practice Program in 2015 and their Facilitator Teacher Training Program (TMF) in 2017. Clyde is also a licensed Physical Therapist with over 20 years of clinical experience and his special interest is providing Mindfulness training to the healthcare community in the areas of compassion, resilience, and achieving healthy work-life balance.

REGISTRATION FEES

$35 (includes parking)
Section: 174-CCS-212

To reserve your place, call (951) 827-4105 or (760) 834-0997 to register.