

An Online Workshop
Lunchtime Mindfulness
For People Coping with Cancer & their Caregivers
Emily Jordan



Dates: Thursday June 1st
Thursday June 8th
Thursday June 15th
Thursday June 22nd

Time: 12pm to 12:30pm (Zoom)

Cost: Free to people impacted by cancer

RSVP: Register on our website:
cancersupportvvsb.org
or email:

programs@cancersupport.org
or call: 805.379.4777

Join Emily for half-hour mindfulness sessions on four Thursdays in June. These guided meditations will include instructions appropriate for beginner and experienced practitioners.

Mindfulness is learning to be with our experience with openness and acceptance. In doing so, we loosen habitual patterns of thought and emotion and are open to natural, uncontrived awareness.

Research suggests that mindfulness regulates emotions, improves mental clarity, and nourishes well-being, among other benefits. Mindfulness can be cultivated through formal practices, such as meditation and yoga, or informal everyday activities, like walking and eating. You can attend some sessions or all.

Emily Jordan lives in Westlake Village, CA. She is a UCLA-Trained Mindfulness Facilitator with over 30 years of mindfulness practice experience. She offers mindfulness classes in nonprofit settings and one-on-one mindfulness coaching. She has worked with adults of all ages and with diverse backgrounds, teens, working professionals, women's groups, and people who are incarcerated. Additionally, she is earning a master's degree in clinical psychology at Pepperdine University.