

Mindfulness in Healthcare Track

Session 4: 2:45-4:00pm

Name, Title, Affiliation:

Kirke Olson, Psy.D., NH licensed psychologist and a Nationally Certified School Psychologist

Title of your session:

“The Wheel of Awareness: Healing and Coming to Your Senses”

Brief description of session:

There are many forms of meditation ,and neuroscience is beginning to show us how they affect us differently. We will explore The Wheel of Awareness practice which has potential to help increase open awareness, focused attention, and kind intention. It can literally help you grow a healthier brain and reduce anxiety and stress in your life. It can be helpful for beginners as well as experienced meditators.