

We help you restore and heal throughout the recovery process.

Find your strength.



SPAULDINGTM
REHABILITATION HOSPITAL

CAPE COD

Meditation and Relaxation for All

Mindfulness through meditation is the practice of purposely focusing one's attention on the present moment and accepting it without judgment.

Spaulding's **Meditation and Relaxation for All** program is designed for people of all abilities who seek to incorporate mindfulness practices into their daily lives.

Research indicates that meditation (as well as yoga and tai chi) can be highly effective in decreasing physical and psychological symptoms while increasing energy and enthusiasm for life. Physical and mental health benefits may include:

- decreased stress, blood pressure
- improved conditions such as depression, substance abuse, eating disorders, anxiety, OCD
- reduced chronic pain
- reduced relationship conflicts and improved self-esteem
- improved sleep
- reduced gastrointestinal difficulties

Mindfulness practice can be further enhanced through sound – we'll experiment with Tibetan and crystal singing bowls, chimes, bells, flutes, rattles and voice.

- Small class size allows for individual attention and physical assistance from instructor
- No prior experience necessary – classes open to all abilities – caregivers welcome
- Wear comfortable clothes and shoes.

YOUR INSTRUCTOR

Craig Bautz is Director of Therapeutic Activities at Spaulding Cape Cod. Having practiced drumming and mindfulness for over 15 years, Craig teaches meditation and relaxation techniques to individuals including inpatients, physically-challenged adults and U.S. veterans.

CALL FOR NEXT SESSION DATES

WHEN

Monday and Wednesday
12:00 – 1:00pm

WHERE

Spaulding Cape Cod
New Multi-purpose Room
311 Service Road
East Sandwich

COST

\$10/class

PRE-REGISTER ONLINE

[www.spauldingrehab.org/
SCCWellness](http://www.spauldingrehab.org/SCCWellness)

FOR MORE INFORMATION

(508) 833-4078

Find us



www.spauldingrehab.org

Meditation is not just for relaxation; its primary purpose is to develop the capacity to respond skillfully and gracefully to life's difficulties as well as its joys.

Shyalpa Tenzin Rinpoche